

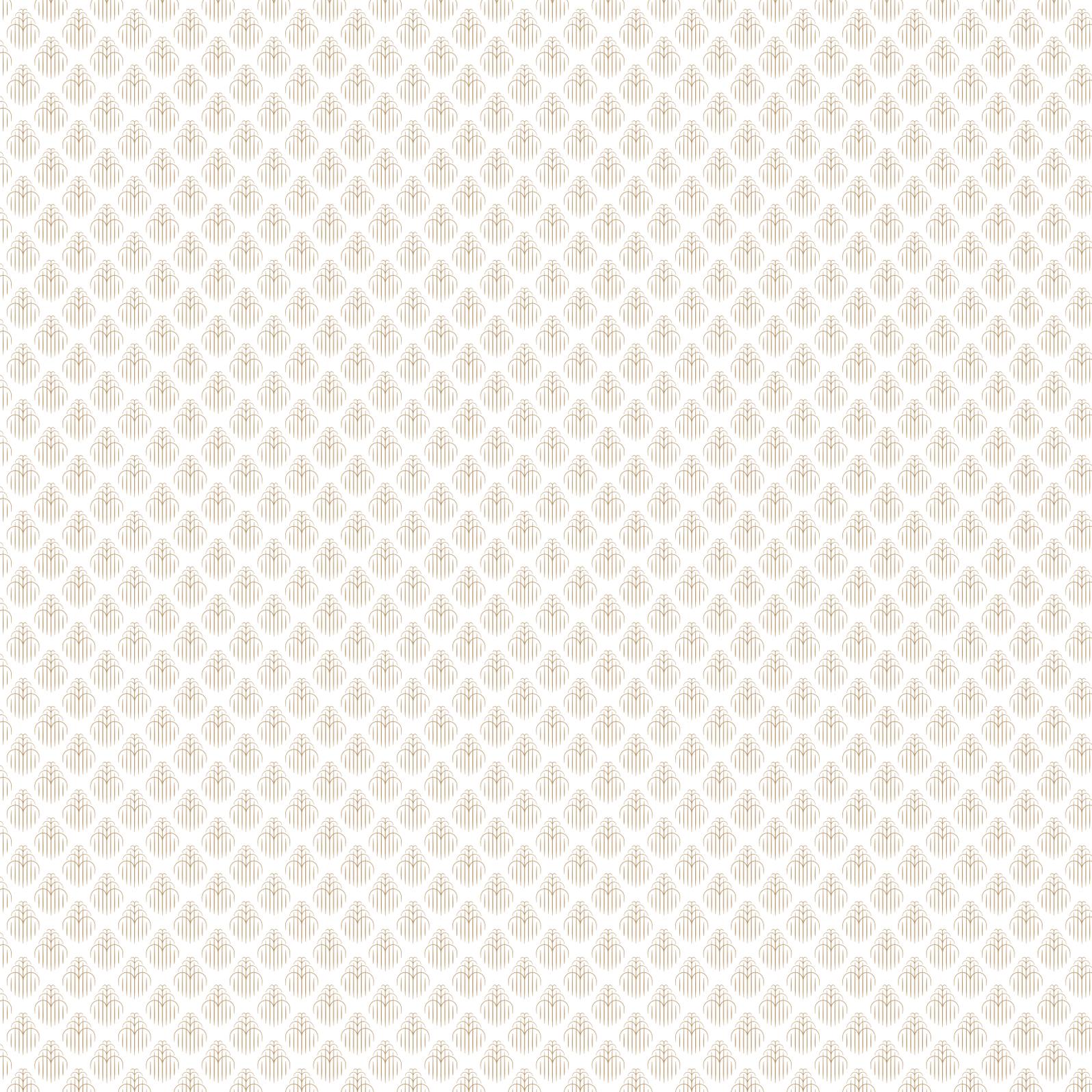


# PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT



MEDICAL AND SPA MENU



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## TREATMENT MENU

- MEDICAL SERVICES 4
- MEDICAL AESTHETICS 19
- SPA TREATMENTS 29



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MEDICAL  
SERVICES

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## MEDICAL SERVICES

- MEDICAL IMAGING AND PROCEDURES 6
- SPECIALIST MEDICAL CONSULTATIONS 16
- LABORATORY ANALYSIS 17
- GENETIC TESTS 18

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## MEDICAL IMAGING AND PROCEDURES

### ABDOMINAL ULTRASOUND

€ 500

An abdominal ultrasound is a non invasive procedure performed to assess the morphology of organs located in the abdominal cavity. It is used to detect changes in the appearance of organs, tissues, vessels, to evaluate pain or distension of the abdomen, and to assess abdominal aorta, liver, gallbladder, bile ducts, pancreas, spleen and kidneys. You may be asked to avoid eating for 8 to 12 hours before undergoing the abdominal ultrasound. It is a safe, noninvasive, and painless procedure.

### BIOELECTRICAL IMPEDANCE ANALYSIS (BIA)

€ 100 - 10 MIN

Bioelectrical impedance analysis (BIA) is a noninvasive and broadly used approach for the assessment of body composition in different clinical conditions. The measurement is simply obtained standing on the BIA device and holding the electrodes for about 60 seconds. BIA determines your body composition in terms of fat mass, muscle mass and hydration status. BIA must be performed in the fasting state.

### SLEEP BANDS

€ 420

At Palazzo Fuggi, our guests can experience a new category of wearable digital therapeutics for brain health and sleep disorders. Our aim is to help our guests to fall asleep and enjoy a restorative and healthy resting time. Also, the beneficial effects will help to relief from stress, insomnia and migraine.



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## MEDICAL IMAGING AND PROCEDURES

### COLON HYDROTHERAPY

€ 300 - 60 MIN

Colon hydrotherapy represents the hygienic treatment of cleansing the colon, aiming to restore the correct function of the colon and to improve your digestion and gastrointestinal symptoms. The treatment is performed gently instilling filtered warm water into your colon. During the session, the water passes into and out the large intestine, while the therapist will provide a light abdominal massage. A therapy session lasts around 45-60 minutes.

### CRYOTHERAPY

€ 150 - 10 MIN

Systemic cryotherapy consists of total and controlled cold exposure, from head to toe inside a “cryochamber” where every single perception is sharpened and every sense is accentuated, as if you had just woken up. At Palazzo Fiuggi, we improve the results of our Health Programs based on the benefits of the cryotherapy: it mitigates pain and improves circulation, strengthens blood vessels, reduces recovery time after illness or surgery, releases endorphins and oxygenates cells, removes stress, improves the quality and disorders of the skin, eliminates toxins and burns calories and improves insomnia.

### CYCLE ERGOMETER TEST

€ 380 - 45 MIN

The cycle ergometer test is a simulation and monitoring tool. It simulates the pedalling of a normal bicycle and allows to monitor and control with precision the effort made. The bike ergometer is used, in addition to rehabilitation, in the medical field for stress tests. The stress test is useful for the evaluation of ECG abnormalities under conditions of physical activity and it is used to diagnose in particular ischemic heart disease, a condition in which there is an insufficient supply of blood and oxygen to the heart.



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## MEDICAL IMAGING AND PROCEDURES

### DEXA (LUMBAR SPINE AND HIP)

€ 300 - 30 MIN

DEXA (“Dual-energy x-ray absorptiometry”) represents a quick and painless procedure to assess bone density using low-dose X-rays. DEXA measures the mineral content of the bone in certain areas of the skeleton (lumbar spine and proximal femur). In this regard, DEXA represents the gold standard for measuring bone mineral density (BMD) and therefore diagnosing osteoporosis, a condition characterized by a progressive decline in the density of bone, decreasing its strength and resulting in an increased risk of fractures.

### DEXA WHOLE BODY SCAN

€ 400 - 30 MIN

The DEXA total body is a method that allows us to measure the percentage and weight of both adipose tissue, the so-called “fat mass”, that of the muscles, the “lean mass”. DEXA allows to obtain measurements of fat mass and lean mass both overall, in percentage terms for the whole body, as well as in the individual districts that make it. It is a fast test, simple to perform, highly sensitive, easily reproducible and with minimum dosage.

### DYNOSTICS

€ 200

DYNOSTICS is a smart system for the analysis of performance and metabolism and determines the athlete’s current fitness levels in a few minutes based on the respiratory gases. The metabolism analysis DYNOSTICS nutrition determines the personal basal metabolic rate, which means the exact calorie consumption per day, as well as the proportion of carbohydrates, fat and protein.





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## MEDICAL IMAGING AND PROCEDURES

### ECHOCARDIOGRAM

€ 400 - 45 MIN

Echocardiogram is the ultrasound test that provides information about size and shape of the heart and its pump capacity. Echocardiography is also useful for diagnosis, management and follow-up of subjects with suspected or known heart disease.

### ELECTROCARDIOGRAM (ECG)

€ 100 - 15 MIN

Electrocardiogram (ECG) is a safe, painless and non-invasive procedure performed to measure the heart electrical activity. It may help to diagnose heart conditions and arrhythmias in people of all ages. The test is performed attaching electrodes to the skin, which detect the electrical signals produced by each heartbeat. Once the signals are record by the ECG device, the doctor will assess the ECG results.



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## MEDICAL IMAGING AND PROCEDURES

### INTRA-ARTICULAR INJECTION OF CORTICOSTEROIDS

€ 600 - 30 MIN

Intra-articular corticosteroid injection are often used for short-term pain relief in people with knee osteoarthritis. The pain relief from a steroid injection works by reducing inflammation within the arthritic knee, improving both pain and function.

### INTRA-ARTICULAR INJECTION OF HYALURONIC ACID

€ 800 - 30 MIN

Intra-articular injection of hyaluronic acid can be used for the treatment of arthropathy of the knee that is when mild-to-moderate degenerative changes can be visualized on plain radiographs. The use of hyaluronic acid in the treatment of knee osteoarthritis leads to reduction of pain and improvement of functional mobility with benefits for quality-of-life scores, generally within 1 week and for up to 3-12 months.

### PERSONALIZED INTRAVENOUS INFUSION

€ 150 - 30 MIN

The treatment provides an infusion of various substances (vitamins and amino acids) assigned to improve skin's health, boost immune system and energy, relieve stress, rid body of toxins, balance hormones. Our infusions generally take about 30 minutes and take place within a medical office with a licensed medical professional observing the infusion.

### ACUPUNCTURE

Chinese acupuncture, through specific instrumentation and the use of microsystems, is a useful method for treatments of common conditions such as trauma, contractures, neck pain, as well as treatments referring to the psychic sphere, anxiety, insomnia and mood disorders. In addition, acupuncture positively affects the Immune System, postural imbalances, and athletic performance.



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## MEDICAL IMAGING AND PROCEDURES

### NILAS BIORESONANCE

€ 100 - 30 MIN

By measuring biorhythms steered by the autonomous and central nervous systems (the heart rate variability (HRV)) through NILAS device available at Palazzo Fiuggi, which is closely linked with the brain, immune, digestive, and endocrine systems, it will be possible to have a global assessment of the individual health status.

### AIRNERGY

€ 100 - 20 MIN

Spirovital Therapy is a method, a device and a treatment in one which creates 'energised air'. For only 20 minutes daily, one breathes "activated air" which is produced with the help of a natural process similar to photosynthesis in green leaves. This feeds every cell in your body with oxygen that it can absorb and use more efficiently.

The treatment can promote health, quality of life, regeneration and well-being in a natural way, particularly in subjects suffering from stress, chronic conditions and aging. Spirovital Therapy is specifically recommended for use as a therapy for many chronic and debilitating illnesses, including cardiovascular illnesses and lung conditions like chronic obstructive pulmonary disease and asthma.

### OSTEOPATHIC MASSAGE

€ 250 - 60 MIN

The osteopathic massage is a non-invasive manual therapy that aims to improve health across all body systems by manipulating and strengthening the musculoskeletal framework. This treatment aims to improve the nervous, circulatory, and lymphatic systems focusing on the health of whole body, not just the injured or affected part, increasing endorphins, reducing anxiety, tension, depression and pain.

### OZONE THERAPY

€ 400 each administration

Ozone therapy is a therapy with ozone and oxygen that produces a series of benefits that can counteract a wide range of diseases (disc herniation, acne, phlebitis, fibromyalgia, infections, hemorrhoids, osteoarthritis, cellulitis, ulcers, burns, and osteoporosis). This treatment allows, thanks to the properties of ozone in association with those of oxygen, to significantly improve the defence systems of the body against the action of free radicals.



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## MEDICAL IMAGING AND PROCEDURES

### THYROID ULTRASOUND

€ 240 - 45 MIN

Thyroid ultrasound is an imaging test performed to evaluate the size and morphology of the thyroid gland. This exam is useful to diagnose disorders of the thyroid gland and/or parathyroid glands in the neck.

### BREAST ULTRASOUND

€ 300 - 45 MIN

Breast ultrasound is performed to produce picture of the internal structure of the breast. It is completely safe and painless: the ultrasound technician will simply move a small probe called transducer over your skin. That will create a picture that can be seen on a computer screen. It is used to help diagnose any abnormalities and, if there are, to help determine what type of abnormalities exist.

### NATUROPATHIC CONSULTATION

€ 220 - 30 MIN

Naturopathy has a holistic approach to the person and aims to achieve and maintain a state of psycho-physical wellness and physical well-being for an overall improvement of quality of life, using exclusively natural remedies as phytotherapy, aromatherapy, floritherapy, relaxation and breathing exercise.



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## MEDICAL IMAGING AND PROCEDURES

### IMEDOS (RETINAL SCAN)

€ 250 - 30 MIN

Based on the method of static or dynamic vessel analysis, Imedos technology offers a unique and non-invasive (optical) approach to the microcirculation of patients. Thanks to this outstanding technology, changes in the retinal vessels, their function and regulation can be made visible, and observed perception is sharpened and every sense is accentuated.

### SPIROMETRY (PULMONARY FUNCTION TEST)

€ 130 - 20 MIN

Spirometry is a test employed to diagnose and monitor different lung conditions (such as asthma, chronic obstructive pulmonary disease, and pulmonary fibrosis) by measuring how much air you can breathe out in one forced breath. Spirometry test is carried out by using a device called spirometer, which is a small machine attached by a cable to a mouthpiece.



## MEDICAL IMAGING AND PROCEDURES

### 3D BODY SCANNING (STYKU)

€ 130 - 30 MIN

Styku 3D body scanning offers an easy and noninvasive full-body scanning experience. It requires the subject to stand still on a turntable and hold the pose for about 40 seconds. While the turntable is rotating, an infrared 3D camera extracts millions of data in order to evaluate measurements and to create your 3D model. Styku is a supportive approach for performing a body shape analysis and for meeting your body composition goals.

### VASCULAR ULTRASOUND

€ 250 - 45 MIN

Vascular ultrasound is a noninvasive ultrasound procedure performed to evaluate the blood circulation in the arteries and veins. It is also critical to detect the presence, the location and the severity of vascular diseases and blood clots, and to monitor patients after a vascular procedure.

### HOLTER ECG MONITORING

€ 250

The holter is a device that records an individual's heartbeat while performing his daily activities. Is used because sometimes an ECG doesn't detect any changes in your heart rhythm because you're hooked up to the machine for only a short time. It is kept on site from 24 to 48 hours (depending on your condition/heart symptoms), even if a wireless Holter monitor can work for weeks. You will be required to keep a journal (or take note) of all the activities, you do while wearing the monitor. It is particularly important to record in the diary symptoms of palpitations, heartbeats that skip shortness of breath, chest pain or dizziness.

### HOLTER BLOOD PRESSURE MONITORING

€280

24-hour ambulatory blood pressure monitoring (Holter Blood Pressure Monitor) is a method to measure blood pressure on a continuous basis for 24 hours. A small digital blood pressure monitor is attached to a belt around your waist and connected to a cuff around your upper arm. It is small enough not to affect your normal daily life and you can even sleep with it on. The resulting data helps the doctor get a more accurate picture of your blood pressure in the daytime and in the nighttime, in order to better understand how your blood pressure changes throughout the day.



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## SPECIALIST MEDICAL CONSULTATIONS

- AESTHETIC VISIT
- ANGIOLOGY VISIT
- CARDIOLOGY VISIT
- DERMATOLOGY VISIT
- INTERNAL MEDICINE VISIT
- DIABETOLOGY VISIT
- ENDOCRINOLOGY VISIT
- GERIATRIC VISIT
- IMMUNOLOGY VISIT
- NEUROLOGY VISIT
- NUTRITIONAL CONSULTATION
- ORTHOPEDIC VISIT
- PHYSIOTHERAPY VISIT
- RHEUMATOLOGY VISIT
- SPORTS MEDICINE VISIT
- UROLOGY VISIT
- DISMETABOLIC VISIT
- NEPHROLOGIC VISIT
- GASTROENTEROLOGY VISIT
- GERIATRIC VISIT, NEURODEGENERATIVE DISEASES AND COGNITIVE DISORDERS
- OSTEOPATHIC VISIT



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## LABORATORY ANALYSIS

• BASIC ADMISSION	€190
• BASIC DISCHARGE	€70
• SCREENING OF ANEMIA	€120
• CARDIOVASCULAR PANEL	€200
• SCREENING OF CELIAC DISEASE	€240
• SCREENING OF MALABSORPTION SYNDROME	€230
• DETOX	€80
• SCREENING OF METABOLIC SYNDROME	€200
• SCREENING OF THYROID DISORDERS	€180
• CHRONIC FATIGUE PANEL	€200
• THROMBOPHILIA TEST	€650
• IMMUNE AND INFLAMMATION PROFILE	€500
• HORMONE PROFILE	€280
• HEAVY METAL PROFILE	€350
• LIFE REWIND WOMAN	€300
• LIFE REWIND MAN	€300
• VITAMINS AND MINERALS PROFILE	€360
• ANTI COVID-19 PANEL	€240



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## GENETIC TESTS

- GENETIC TEST MICROBIOTA €480
- GENETIC TEST MICROBIOTA PLUS €600
- GENETIC TEST ANTI AGING €600
- GENETIC TEST OXIDATIVE STRESS €240
- GENETIC TEST SKIN ELASTICITY €240
- GENETIC TEST INFLAMMATORY RESPONSE €240
- GENETIC TEST BODY WEIGHT €500
- GENETIC TEST HOMOCYSTEINE €350
- GENETIC TEST BONE HEALTH €350
- FOOD INTOLERANCE & SENSITIVITY €600
- GENETIC GLUTEN INTOLERANCE €320
- GENETIC LACTOSE INTOLERANCE €300
- NICKEL SENSITIVITY €300
- CAFFEINE SENSITIVITY €300
- ALCOHOL SENSITIVITY €300
- SALT SENSITIVITY €300
- GENETIC TEST ACTIVE METABOLISM €480
- GENETIC TEST SPORT PERFORMANCE AND INJURY €380
- GENETIC TEST SPORT AND PERFORMANCE €700





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MEDICAL  
AESTHETICS

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# MEDICAL AESTHETICS

FACE	21
NECK	23
DÉCOLLETÉ	24
HANDS	25
ARMS	26
ABDOMEN	27
LEGS	28

## FACE

### MEDICAL VISIT ANTI AGING € 250

### SKIN ANALYSIS € 400

### FILLER

- Volume face replacement with fillers - € 800
- Lips fillers - € 800
- Cheekbones - € 800
- Rhino (nose) filler - € 1.200
- Chin filler - € 1.200
- Profile contouring Rhino and Chin - € 2.000
- Jaw line contouring - € 2.000
- Jaw angle contouring - € 1.500
- Tear trough correction - € 2.000

### BOTOX

- Forehead lines - € 1.000
- Glabellar periocular lines - € 1.000
- Microbotox jaw - € 1.000
- Hyperhydrosis hair scalp - € 2.000
- Face contouring and masseter muscle- € 2.000
- Rejuvenation hyaluronic acid + botox - € 1.500

### RADIESSE

- Deep bio stimulation with Radiesse - € 1.000
- Cutaneous firmness improvement and deep rejuvenation by Radiesse - € 1.200

### ULTHERAPY (NOT SURGICAL ULTRASOUND LIFTING)

- Cheek, jaw contouring and underchin - € 3.200
- Eyebrow and periocular area - € 1.000
- Inferior eyelid and eye bags - € 1.000
- Upper lip and vertical lip lines - € 1.400
- Full face (eyebrows, periocular area, cheeks, jaw contouring and underchin area) - € 6.000

### SURGERY

- Dermatologic non invasive microsurgery for unaesthetic skin imperfections - € 2.200

### K-LASER

- Sun spots treatment - € 1.000
- Face capillaries treatment - € 1.200
- Face scars and keloids treatment- € 1.500
- Xantelasma laser removal - € 4.000
- Active acne treatment - € 900
- Acne scars treatment - € 1.200



## FACE

### PEELING

- Peeling soft peel mandelic acid - € 300
- Bright peel glycolic acid - € 300
- Anti-age peel (PRX -T33) - € 400
- Anti-age peel (TMC3 + action) - €600

### CHECK UP

- Skin analysis (check up) - € 400

### PROPULSION

- Oxybio lifting - € 450
- Oxy - needling - € 600
- Hyalu-oxyneedling - € 850
- Vitamin - oxybiolifting - € 950

### BIO-STIMULATION

- Bio-lifting vitamin and Hyaluronic - € 500
- PDO biolifting - € 700
- Redlight phototherapy antiage - € 350
- Face rejuvenation blue light phototherapy - € 600

### REGENERATING THERAPY

- Regenerative therapy by growth factors - € 1.500

### HAIR

- Regenerative phototherapy hair scalp - € 400
- Rejuvenation stimulation of hair scalp - € 800
- Regenerative therapy by growth factors- € 1.500

### DERMAMELAN NECK

- 2-step treatment for face spot removal and full renewal of the skin texture - €2.000

### SUPPLEMENT VEHICULATION

- Vitamin-needling €400
- Hyalu-needling - €600
- Hyalu - oxybiolifting - €900



## NECK

### BOTOX

- Microlifting with Microbotox - € 1.000
- Platysmal bands treatment - €1.000
- Nefertiti's profile - €2.000

### RADIESSE

- Deep rejuvenation by Radiesse - € 1.000
- Cutaneous firmness improvement and deep rejuvenation by Radiesse - € 1.200

### ULTHERAPY (NOT SURGICAL ULTRASOUND LIFTING)

- Ultherapy Neck - € 3.200

### SURGERY

- Dermatologic non invasive microsurgery for unesthetic skin imperfections - € 2.200

### SCULPSURE

- Submental sculpting - € 1.100

### PEELING

- Soft peel - € 300
- Bright peel - € 300
- Anti-age peel - € 400
- Anti-age peel (TMC3 + action) - 600

### DERMAMELAN NECK

- 2-step treatment for neck spot removal and full renewal of the skin texture - €1.500

### PROPULSION

- Oxy bio-lifting - € 450
- Oxy needling - € 600
- Hyalu-oxyneedling - € 850
- Vitamin - oxybiolifting - € 950

### SUPPLEMENT VEHICULATION

- Vitamin-needling €400
- Hyalu-needling - €600
- Hyalu - vitamin - needling - €800

### BIO-STIMULATION

- Bio-lifting vitamin and jaluronic acid - € 500
- PDO biolifting - € 700
- Face rejuvenation blue light phototherapy - € 600

### REGENERATIVE THERAPY

- Regenerative therapy by grow factors - € 1.500



## DÉCOLLETÉ

### RADIESSE

- Deep rejuvenation by Radiesse - € 1.000
- Cutaneous firmness improvement and deep rejuvenation by Radiesse - € 1.200

### ULTHERAPY (NOT SURGICAL ULTRASOUND LIFTING)

- ultherapy Decollete - € 2.200

### SURGERY

- Dermatologic non invasive microsurgery for unaesthetic skin imperfections - € 2.200

### K-LASER

- Sun spots treatment- € 600

### DERMAMELAN DECOLLETÉ

- 2-step treatment for spot removal and full renewal of the skin texture - €2.000

### SUPPLEMENT VEHICULATION

- Vitamin-needling €400
- Hyalu-needling - €600
- Hyalu - vitamin- needling - €900

### PEELING

- Soft peel - € 300
- Bright peel - € 300
- Anti-age peel - € 400
- Anti-age peel (TMC3 + action) - 600

### PROPULSION

- Oxy bio-lifting - € 450
- Oxy needling - € 600
- Vitamin - oxybiolifting - € 950

### BIO-STIMULATION

- Biolifting vitamin and Hyaluronic - € 500
- PDO bio-lifting - € 700
- Redlight phototherapy antiage - € 350
- Face rejuvenatioblue light phphototherapy - € 600

### REGENERATIVE THERAPY

- Regenerative therapy by growth factors - € 1.500



## HANDS

### BOTOX

- Hyperhydrosis hands treatment - € 2.000

### RADIESSE

- Deep rejuvenation by Radiesse - € 1.000
- Cutaneous firmness improvement and deep rejuvenation by Radiesse - € 1.200

### SURGERY

- Dermatologic non invasive microsurgery for unaesthetic skin imperfections - € 2.200

### K-LASER

- Sun spots treatment - 600€
- Onychomycosis treatment by blue light - € 800

### DERMAMELAN HANDS

- 2-step treatment for neck spot removal and full renewal of the skin texture - €2.000

### SUPPLEMENT VEHICULATION

- Vitamin-needling €400
- Hyalu-needling - €600
- Hyalu - vitamin- needling - €800

### PEELING

- Soft peel - € 300
- Bright peel - € 300
- Anti-age peel - € 400
- Anti-age peel (TMC3 + action) - 600

### PROPULSION

- Oxy bio-lifting - € 450
- Oxy needling - € 600
- Vitamin - oxybiolifting - € 950

### BIO-STIMULATION

- Bio-lifting vitamin and jaluronic acid - € 500
- Blue light cutaneous rejuvenation phototherapy - € 600



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## ARMS

### BOTOX

- Hyperhydrosis armpits treatment - € 2.400

### RADIESSE

- Deep rejuvenation by Radiesse - € 1.300
- Cutaneous firmness improvement and deep rejuvenation by Radiesse - € 1.500

### SURGERY

- Dermatologic non invasive microsurgery for unaesthetic skin imperfections - € 2.200

### SCULPTRA

- Deep rejuvenation by Sculptra - € 1.500
- Cutaneous firmness improvement and deep rejuvenation by Sculptra - € 2.000

### PROPULSION

- Oxy Bio Lifting - € 450
- Oxy needling - € 600
- Vitamin - oxybio-lifting - € 950

### SUPPLEMENT VEHICULATION

- Vitamin-needling €400
- Hyalu-needling - €600
- Hyalu - vitamin- needling - €900

### SCULPSURE

- Body sculpting for reducing localized adipose tissue - € 2.600

### BIO-STIMULATION

- Bio-lifting vitamin and Hyaluronic - € 500
- PDO bio-lifting - € 1.400

### CARBOXYTHERAPY

- Carboxytherapy - € 700
- Carboxytherapy and vitamins - € 900



## ABDOMEN

### RADIESSE

- Deep rejuvenation by Radiesse €1.000
- Cutaneous firmness improvement and deep rejuvenation by Radiesse - € 1.200

### SURGERY

- Dermatologic non invasive microsurgery for unaesthetic skin imperfections - € 2.200

### SCULPTRA

- Deep rejuvenation by Sculptra - € 2.000
- Cutaneous firmness improvement and deep rejuvenation by Sculptra - €2.500

### SCULPSURE

- Body sculpting for reducing localized adipose tissue - € 2.600

### K-LASER

- Blue light phototherapy stretch marks - € 1000

### PROPULSION

- Oxy Bio Lifting - € 450
- Oxy Needling - € 600
- Oxyneedling for stretch marks - € 1.500
- Vitamin - oxybio-lifting - € 950

### SUPPLEMENT VEHICULATION

- Vitamin-needling €450
- Hyalu-needling - €600
- Hyalu - vitamin- needling - €900
- Hyalu - vitamin - needling - stretch marks - €1.500

### BIO-STIMULATION

- PDO bio-lifting - € 1.400

### CARBOXYTHERAPY

- Carboxytherapy - € 700
- Carboxytherapy and vitamins - € 900



## LEGS

### RADIESSE

- Deep rejuvenation by Radiesse €1.300
- Cutaneous firmness improvement and deep rejuvenation by Radiesse - € 1.500

### SCULPTRA

- Deep rejuvenation by Sculptra - € 2.000
- Cutaneous firmness improvement and deep rejuvenation by Sculptra - €2.500

### SURGERY

- Microsurgical treatment with no scalpel against damages and beauty problems - € 2.200

### SCULPTURE

- Body sculpting to reduce localized adiposity - € 2.600

### K-LASER

- Blue light phototherapy per stretch marks - € 1.000
- Onychomycosis treatment with blue light phototherapy - € 800

### PROPULSION

- Oxy bio-lifting - € 700
- Oxy needling - € 900

### SUPPLEMENT VEHICULATION

- Vitamin-needling €450
- Hyalu-needling - €600
- Hyalu - vitamin- needling - €900
- Hyalu - vitamin - needling - stretch marks - €1.500

### BIO-STIMULATION

- PDO bio-lifting - € 1.400

### CARBOXYTHERAPY

- Carboxytherapy - € 1.000
- Carboxytherapy and vitamins - € 1.300





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SPA  
TREATMENTS

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# SPA TREATMENTS

SIGNATURE EXPERIENCES	31
BEAUTY FACIALS BY DR. BARBARA STURM	32
NATURAL ADVANCED AESTHETICS BY TEAM DR. JOSEPH	33
MANUAL ADVANCED AESTHETIC BY VITALIS	34
HYDROTHERAPY & HOLISTIC BATHING	35
OVERALL WELLBEING	36
AYURVEDA TREATMENTS	38
THERAPEUTIC & WELLNESS MASSAGE	39
WELLNESS MASSAGE	40
GENTLEMEN	41
FINISHING TOUCHES	42
MOVEMENT ACTIVITIES	43
SPA ETIQUETTE	45

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## SIGNATURE EXPERIENCES

### HYDROTHERAPY 3 STEP RITUAL

€ 200 - 60 MIN

The Palazzo Fiuggi signature experience. A 3-step water cure with healing minerals in a powerful hydrotherapy bath, a fango mud wrap on a floating table finishing with an invigorating Scottish Shower to increase blood flow, reduce inflammation and cellulite.

### PSAMMO SIGNATURE EXPERIENCE

€ 230 - 90 MIN

A unique Psammotherapy treatment that commences with a soothing poultice pressure point massage continuing with a full body aromatherapy massage which flows into an energizing sound therapy experience using Tibetan singing bowls.



## BEAUTY FACIALS BY DR. BARBARA STURM

Molecular Cosmetics formulated for highly effective skincare providing hydration, nutrition and regenerative glow.

### INSTANT GLOW

€ 200 - 60 MIN

Nourishes and awakens the skin, whilst restoring the skin's radiance. Clinically created for cleansing, exfoliating, potent hydration and firming massage with molecular efficacy.

### ANTI AGING FACIAL

€ 280 - 75 MIN

€ 390 - 90 MIN with Micro-Needling

High Tech facial using anti-oxidant infused, peptide rich, super anti-ageing serum. This treatment visibly reduces fine lines and wrinkles and lifts the skin around the jawline and neck.

### CLARIFYING FACIAL

€ 230 - 60 MIN

Formulated for blemish-prone skin, active ingredients restore balance, alleviate discomfort, skin sensitivity and redness for an instant calming effect.

### BRIGHTENING FACIAL

€ 230 - 60 MIN

A treatment designed to decrease hyperpigmentation and combat lacklustre skin by providing a cocktail of nutritive actives including Hyaluronic acids while combatting the oxidative stresses that causes premature aging and dark spots.

### MEN'S SENSITIVE

€ 230 - 60 MIN

Customized to the specific needs and challenges of men's skin. The treatment is designed to treat rough or dry skin, exfoliates, calms, tones, nourishes, soothes and comforts the skin, especially after shaving. It visibly reduces the appearance of deeper facial lines and promotes skin regeneration.



## NATURAL ADVANCED AESTHETICS BY TEAM DR. JOSEPH

### SUPREME EYE AND FACE LIFT

€ 290 - 90 MIN

Intensive illuminating treatment incorporating gua sha, specific massage movements and advanced botanicals for an immediate and visible lifted and sculpted face and eye area.

### ULTRASONIC FACE LIFT

€ 230 - 90 MIN

Premium Ultrasonic Facial for intensive lifting, introducing natural, active substances which are driven into the deeper layers of the skin, creates a fuller, firmer and more youthful, toned face.

### PURIFYING FACE TREATMENT

€ 200 - 60 MIN

Deeply purifying facial using natural active ingredients that have an uplifting effect on the senses as well as the skin, includes a unique skin peeling for a completely hydrated and balanced complexion.

### ADVANCED BIO LIFTING FACE TREATMENT

€ 350 - 120 MIN

Holistic beauty biodynamic lifting massage and bioenergetic herbal compresses support the natural ability of your skin to self-regulate. The effective application of glass cups and super active ingredients make this a distinctive and unique facial experience.

### BOOSTER POWERLIFT FOR MEN

€ 180 - 60 MIN

A booster facial for effective and instant results combining the best ingredients and methods that nature and science offers.



## MANUAL ADVANCED AESTHETIC BY VITALIS

### INNER STRENGTH ENERGETIC CHAKRA TREATMENT

€ 150 - 50 MIN

Spiritual body treatment to clear, balance and recharge the 7 chakra energy points of the body using pure aromatherapy oils and crystals that work in harmony to promote a feeling of mental and physical lightness and restored balance.

### CELLULITE TREATMENT

€ 150 - 50 MIN

Effective cellulite treatment using cupping techniques in combination with effective natural ingredients for visible alleviation of the signs of cellulite. Includes an invigorating body exfoliation and a modulated cellulite massage. Combine with the 3-Step Hydro Cure to optimize the draining results and metabolic activation.

### DETOX & FIRM ABDOMINAL TREATMENT

€ 150 - 50 MIN

Decongest the abdomen and reduce waist circumference with a gentle stimulation of the abdominal area, the skin texture is improved, leaving a toned and flatter abdomen.

### ENERGIZING HERBAL COMPRESS POWER TREATMENT

€ 150 - 50 MIN

Herbal Compress Massage with precious natural oils and a selected herbal blend to relieve stress, rebalance and energize both mentally and physically.

### FEET & LEGS RECHARGE

€ 150 - 50 MIN

Cooling and Revitalizing treatment having a draining and slimming effect on oedema and swollen ankles.



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## HYDROTHERAPY & HOLISTIC BATHING

### THE PALAZZO FIUGGI WELCOME HAMMAM

€ 75 - 20 MIN

A unique Hammam treatment designed to commence the healing journey in Palazzo Fiuggi and is included in every programme.

### FIUGGI THALASSO THERAPY

€ 70 - 60 MIN

The heart of the Palazzo Fiuggi Spa. Using the powerful healing waters from Fiuggi, float in our dense salt pool and follow with magnesium enriched mineral pool.

### DETOXIFYING HAMMAM

€ 150 - 60 MIN

Traditional Hammam ritual with detoxifying Black Soap and Eucalyptus to boost your immune system, leaving your skin purified and silky soft.



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## OVERALL WELLBEING

### SPA WAVE - BINAURAL SOUND THERAPY

€ 100 - 30 MIN

€ 150 - 50 MIN

Binaural Acoustic & Dynamic Stimulation is an acoustic and vibrational therapy that trains the brain to relax and benefit from deep relaxation techniques. Using specific vibrations and binaural audio frequencies, the Spa Wave makes it possible for even the busiest of minds to achieve deep levels of relaxation. Like meditation, specific sounds slow down mental activity and vibrational frequencies act specifically on the energy centers (chakras) of the body.

### FAR INFRARED BODY DETOX

€ 150 - 45 MIN

Effective detoxification using Far Infrared technology that stimulates cell metabolism, increases blood circulation, reduces inflammation, joint stiffness and muscular aches.

### FAR INFRARED DETOX FACE & BODY

€ 200 - 45 MIN

A complete detox booster combining the PLT Plasma- and Light-Therapy for visible skin rejuvenation.



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## OVERALL WELLBEING

### PSAMMO THERAPY

€ 130 - 30 MIN

Cocooning Psammotherapy including an automated massage and the healing benefits of the quartz.

### PSAMMO SIGNATURE EXPERIENCE

€ 230 - 90 MIN

A unique Psammotherapy treatment that commences with a soothing poultice pressure point massage continuing with a full body aromatherapy massage which flows into an energizing sound therapy experience using Tibetan singing bowls.

### CELLISS

€ 130 - 30 MIN

This touch-less treatment helps restore an optimal flow of the vascular and lymphatic systems, while reducing the subcutaneous fat using a mechanical, non-invasive percussion process. Perfect for cellulite reduction, toning and firming the body.



## AYURVEDA TREATMENTS

### AYURVEDA CONSULTATION

€ 250 - 45 MIN

Our Ayurveda physician uses various methods to determine your psycho-physiological constitution or body type through Dosha analysis and Pulse diagnosis to plan Ayurveda treatments with the guidelines for your lifestyle, nutrition and herbs recommendation.

### ABHYANGA

€ 250 - 60 MIN

This gentle treatment uses our exclusive Dosha specific, pure herbs infused oils to nourish, soften and revitalize body tissues. Two therapists perform this soothing, relaxing and rejuvenate full body treatment in a perfect synchrony.

### PADABHYANGA

€ 150 - 30 MIN

It is a traditional gentle and sensitive foot therapy using predominantly soft circular movements and stroking considering vital points in that area. One of the most relaxing and stress relieving Ayurveda procedure that reduces fatigue and improves physical balance to the entire body.

### SHIRODHARA

€ 350 - 60 MIN

Following a full body synchronized massage by two therapists, a continuous stream of warmed Dosha specific herbal oil is poured onto the forehead to pacify the mind and body. Shirodhara improves memory, regularizes sleep patterns, normalizes blood pressure and treats nervous disorders.

### SHIRO-ABHYANGA CHAMPI

€ 150 - 30 MIN

Indian head massage that rejuvenates the central nervous system whilst improving eye health and vision, relieving headaches, migraines and stress.

### POTLI SWEDANA

€ 300 - 60 MIN

Following a full body synchronized massage with Dosha specific oils; therapeutic sweating is induced by the application of warmed herbal powders boluses. It increases circulation, induces sweat glands, speeds up the detoxification, relieves neurological disorders, arthritis, and skin disorders.



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## SPIRITUAL PRACTICES

### PERSONALIZED YOGA SESSION

€ 200 - 60 MIN

Use this time to get to know the postures (Asana) and deepen your breathing (Pranayama) to bring harmony between the body and the mind, which leads to healthy life. Our Yoga expert will customize a session to meet your goals.

### PERSONALIZED MEDITATION SESSION

€ 150 - 50 MIN

The session has been designed to let you learn the technique and use it at home so that you will be able to relax your whole self and bring back harmony into your life. Highly recommended for anyone, who has stress in his or her lives.



## THERAPEUTIC & WELLNESS MASSAGE

### PHYSIOTHERAPY/TRIGGER POINT

€ 200 - 50 MIN

A Trigger Point Therapy (TPT) is a manual technique used by physiotherapists to treat trigger points. A trigger point is a hyper irritable spot of the skeletal muscle's fascia that often refers pain. Referred or reflective pain, is when the pain is located away from or adjacent to the organ involved.

For example, trigger points in the musculature of the neck can cause headache, pain to the shoulders, dizziness, tinnitus.

Trigger points of the lower back muscles can cause lumbago, sciatica as well as irritable bowel syndrome.

Using TPT, pain and discomfort can be alleviated relatively fast. Our physio may recommend a series of treatments, depending on individual needs.

### LYMPHATIC DRAINAGE MASSAGE

€ 150 - 50 MIN

Gentle, light massage to encourage the movement of lymph fluids around the body helping to remove wastes and toxins from the bodily tissues, this massage will leave you feeling lighter and more defined

## WELLNESS MASSAGE

### ENVIGORATING SPORT MASSAGE

€ 200 - 80 MIN

Intensive sports massage is designed to activate and relax tight and tense muscles, revitalizing a fatigued body and mind.

### AROMATHERAPY MASSAGE

€ 150 - 50 MIN

Body Mind Release massage using Essential oils to bring about balance and equilibrium.

### TARGETED HEAD NECK & SHOULDER MASSAGE

€ 150 - 50 MIN

Release mental and physical congestion in the head, neck and shoulder areas with pressure tailored to your preference.

### REFLEXOLOGY FOOT MASSAGE

€ 150 - 50 MIN

Inspired by traditional Eastern techniques stimulating organs through pressure points of the feet.



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### LOMI LOMI NUI

€ 200 - 80 MIN

“Loving Hands” Traditional massage technique from Hawaii with alternating soft and stronger rhythmic strokes to restore energy and soothe body and mind.

### VOLCANIC HOT STONE MASSAGE

€ 200 - 80 MIN

Smooth volcanic stones bathed in essential oils are used throughout this warming massage releasing stagnant energy blocks held in the body.

### DEEP TISSUE MASSAGE

€ 200 - 80 MIN

Intense deep tissue massage designed to relax and relieve tight, tense and tired muscles. Revitalizing and invigorating massage.



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## FINISHING TOUCHES

### MANICURE

A luxurious hand and nail experience, leaving you with silky soft hydrated hands

€ 60 - 30 MIN without polish

€95 - 60 MIN with polish

€125 - 90 MIN with semi-permanent

### PEDICURE

A relaxing foot and nail treatment for beautifully cared for feet. The experience includes careful cuticle attention, dry skin removal, foot mask followed by foot reflexology.

€ 80 - 45 MIN without polish

€105 - 60 MIN with polish

€135 - 90 MIN with semi-permanent



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## MOVEMENT ACTIVITIES

### MOVEMENT CONSULTATION

€ 150 - 30 MIN

A comprehensive musculoskeletal assessment from biomechanical, neurofunctional, and postural perspectives.

### PERSONAL TRAINING SESSION

€ 150 - 60 MIN

Bespoke training based on personal goals, ambition and health. Training is tailored and designed for you to continue your fitness routine after staying in Palazzo Fiuggi.

### ICAROS HEALTH

€ 60 - 30 MIN

Orthopedical and neurological therapy and rehabilitation. Virtual Reality playfully improves once reflexes, balance and coordination as well as core stability.

### POSTURAL TRAINING SESSION

€ 150 - 60 MIN

After a detailed postural and biomechanical assessment, a program of muscle rebalancing, mobility and functional stretching can be drawn up to reduce or eliminate compensation patterns with beneficial effects on the most common musculoskeletal disorders .

### POSTURAL EVALUATION AND ALIGNMENT

€ 120 - 30 MIN

Assessment and rebalancing of posture through myofascial techniques, mobility, and through the use of vibration to stimulate the sense-motor system.





## PALAZZO FIUGGI ETIQUETTE

### OPENING TIMES

Monday to Sunday 07.00 a.m. – 20.00 p.m.

### SPA TREATMENT TIMES

Monday to Sunday 09.00 a.m. – 18.00 p.m.

### MEDICAL SERVICES

Monday to Sunday 7.00 – 18.00

It is necessary to attend the First Medical Visit and perform the Electrocardiogram to fully enjoy our programs.

### SCHEDULING AN APPOINTMENT

To schedule an appointment please contact our spa reception team who will be happy to guide you to the appropriate treatment. To ensure your preferred time and service is available we recommend to book in advance.

### ARRIVAL TIME

Please allow sufficient time before your treatment. Be advised that late arrivals can result in a reduction of treatment time. We advise arriving at the spa in your robe and footwear provided in your room. The spa will provide towels for the pool, an extra robe if needed during your spa treatments.

### CANCELLATION POLICY

A 100% charge will be incurred for any medical

service and spa treatments not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

### SPA FACILITIES AND ACCESS

The following spa facilities are available:

- The heart of the spa lives at the impressive Spa Reception (-1) where you will find the thalasso, magnesium and cold plunge pool, spa changing rooms with lockers and relaxation areas, indoor /outdoor panoramic pool.
- The Roman Therme offers : Separate male and female sauna and steam rooms, each are equipped with emotional showers and lockers. Further offerings include a kneipp pool, Far Infrared Sauna and outdoor semi-olympic pool. Relax at our indoor/outdoor pergola and enjoy the surroundings.

Please arrive with your bathing suit to enjoy these facilities.

### MOVEMENT LAB

A state-of-the-art MovementLab equipped with the Technogym cardio vascular and strength machines, Reaxing functional training stations, Pilates, Icaros Virtual Reality as well as a free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine. The movement lab is available to all hotel guests.



## PALAZZO FIUGGI ETIQUETTE

### YOGA SALA

A bright and spacious, quiet and relaxing yoga sala for all group movement classes as well as private 1 to 1 sessions. Please arrive 5 minutes before the scheduled class.

### CHILDREN'S POLICY

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the whole duration of treatment. Please contact our reservations team for details on treatments available for our young guests. Access to the rest of the spa including the changing facilities, spa and heat experiences and MovementLab are restricted to over 16's.

### ENVIRONMENT

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy, serenity and peace. In light of this, the spa is a mobile phone, camera and smoke free zone. Please ensure mobile phones are on silent during your visit to the spa.

### HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

### GIFT VOUCHERS

An ideal gift for someone special. Please contact our reservations team for details.

### HOMECARE

To continue your spa experience at home, products used in our treatments are available at spa reception.

### VALUABLES

Palazzo Fuiggi accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. We recommend all valuables to be left in your safety deposit box located in your room.

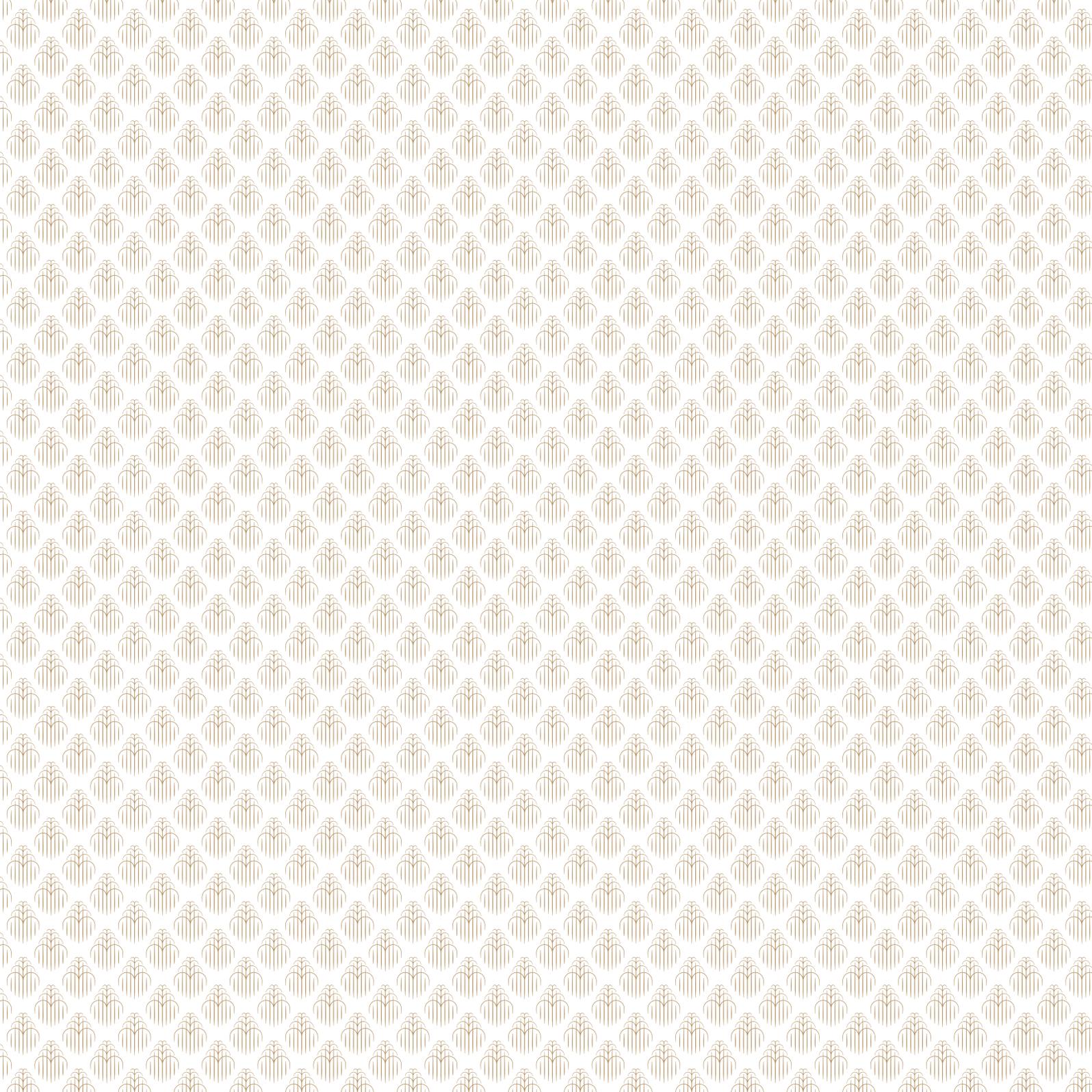
### LOST PROPERTY

All lost property found on the premises should be handed in at main reception. Items will be stored for four months.

### PRICES

All prices are quoted in Euro and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.







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