

## NUN CIRCUIT

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The Wellness Circuit, immersed in an impressive and historical setting, includes the remains of a Roman amphitheater of mysterious and rare beauty. The ruins of a Roman temple of the first century B.C. and six limestone pillars of the first century A.D. reflect in the waters of the multi-massage pool and relaxing jacuzzi. Inside the halls of the Nun Circuit, (Tepidarium, Calidarium, Sudatorium and Frigidarium) the cult of the ancient Romans for the spa and body care relives. A welcoming tea room is available for our guests. € 70.00

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**FACIAL TREATMENT WITH NUN INTENSIVE SUPREME CARE**

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**AGE CAPTURE**

A treatment for your décolleté, neck, face and eye contours.

The tonicity and elasticity of your facial skin is maintained by the correct positioning of neck and shoulders. In addition to a deep treatment of facial and eye area skin using biotechnological ingredients (chosen each time according to the physiological properties of your skin), the female and male skin is nourished with photo- rejuvenation and high concentrate plant stem cell serums.

The treatment is enriched by specific decontracting massage to your shoulders, arms, neck, head and face.  
80' € 190.00

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**CELL- VITALE HYDRATING**

Treatment for your eye contour, décolleté, neck, face and scalp.

This careful treatment enhances charm and beauty. The seductive operative technique is customised in each detail and created according to individual needs. The advanced aesthetic formula: vitamins, enzymes and plant extracts chosen according to the needs of your skin. This is the quintessential “facial treatment”. The Rosa Alpina plant encourages hydrating and protective action.

80' € 180.00

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**FACIAL TREATMENT WITH NUN INTENSIVE SUPREME CARE**

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**ULTRA BALANCE**

Purity and deep detoxification for your skin. A complete treatment with some specific products placed and spread in chosen areas by means of a new and effective method. Ideal for impure skin, it balances and sets the optimal ph of the protein-hydrolipidic film.

50' € 110.00

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**JOYFUL-BIOSTAMINAL-METHOD**

A surprising sensation of relaxation and an overall well-being.

This massage counteracts the small imperfections that overshadow natural beauty.

The secret of this treatment, made with a special massage method, is the wise combination of pleasant, delicate effective maneuvers and strong active ingredients.

25' € 80.00

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## **BODY MASSAGES**

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### **NUN MASSAGE**

Deep massage for joint mobilization and stretching

50' € 150.00

80' € 220.00

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Our crown jewel.

Eastern and Western philosophies are joined together with this technique. Works on the entire body. A deep and rhythmic massage on muscles that wrap around you like a wave of increasing energy.

The whole circulation (blood and lymphatic) is coordinated for deep detoxification. A unique and regenerating experience and restoration of the R.O.M (Range of Motion).

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### **WELLNESS STONE MASSAGE**

DEEP DECONTRACTING MASSAGE WITH HOT STONES

American Indians used volcanic stones because they could retain heat, and so they were useful to relax tension in massages. Indulge in a satisfaction of the senses thanks to the warmth of these stones, the perfume of precious oil and the enveloping maneuvers.

Precious olive oil with essences of the typical trees of Assisi along with our technique make this a powerful, relaxing massage with deep and decontracting maneuvers. Completed with foot reflexology.

80' € 180,00

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## **BODY MESSAGES**

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### **SHIRODHARA AND AYURVEDIC MASSAGE**

#### FLOW OF WARM OIL AND MASSAGE

From ancient Ayurvedic therapy, the delicate pressure of hot oil flowing on your head. Gently stimulates many energetic points located between the forehead and the hairline, producing multiple benefits.

This purifying and regenerating treatment is created to eliminate negative mental states, to calm anxiety, irritability, insomnia and discomfort. Body and mind will be connected and you will be transported to an inner state of feeling with your senses and with your “interior noise” that slowly dies down, leaving space for silence.

80' € 220.00

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### **AYURVEDIC MASSAGE**

#### WELL-BEING FOR BODY AND SOUL

The Ayurvedic massage involves body and soul with the aim of restoring the body balance and the mental health through the stimulation of the points related to the chakras. It is an useful instrument to fight the stress and to preserve the vital functions. A real gift for your soul.

50' € 140.00

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## **BODY MESSAGES**

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### **LIMUS**

#### **MUD MASSAGE WITH WARM THERMAL MUD**

A scented and pleasant massage that allows mud to be deeply absorbed and to act quickly on skin imperfections.

Draining, toning and slimming, it is a complete and effective massage.

Mud is removed with a shower or with a warm sponge.  
50' € 150.00

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### **HONEY TOUCH**

#### **DRAINING AND ANTI-GRAVITY MASSAGE FOR BODY AND FACE**

Massage with organic Umbrian honey to mobilize toxins and nourish the body and facial skin. Deep stretching manouvers for a vacuum effect, tissues are purified and drained. This massage helps hemolymphatic circulation.

Toning and firming, for women.

50' € 140.00

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**BODY MASSAGES**

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**EMOTIONAL**

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This technique includes lymphatic drainage and deep tissue maneuvers. Each moment embodies unique magic be found in the hands of the Masseur. Hearing our body to help us find a way to enjoy an emotional and hypnotic massage. A release of the energy locked in the joints and creases of our bodies.  
50' € 120.00

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**SOFT**

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**GENTLE AND HYDRATING**  
The perfect massage to enjoy deserved relaxation. Natural and precious oils reduce tiredness and the slow, gentle maneuvers provide deep relaxation. Gives a pleasant sensation of calm and lightness.  
50' € 90.00

## **BODY MESSAGES**

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### **MOVI & REUM**

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#### **JOINT ELASTICIZING**

Life often induces harmful postures that reduce the suppleness and elasticity of well coordinated movement. An articular and muscle massage helps maintain large and well-articulated movements. A localised massage on areas of tension, stiffness and related to difficulty in movement.

25' € 70.00

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### **DEEP FOOT MASSAGE**

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#### **REFLEXOLOGY FOOT MASSAGE**

The foot is the root of the body. It takes energy from the ground to spread over the whole organism. Reflexology foot massages act on the organs and systems of the body to provide correct balance. This relaxing massage sharpens the hardships interfering with the quality of everyday life. Essential oils and herbal extracts are used. Excellent when paired with a facial massage/treatment.

25' € 70.00

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## **INTENSIVE BODY TREATMENTS**

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### **TOTAL BODY**

#### **FLASH MODELING:**

Draining Complex

Fosfa Complex

oniup Complex

Sculpture Complex for man

Flash treatments work on the entire body, back and arms included, with deep skin hydration and detoxification. The Flash effect, Heat + Complex, brings considerable results to the shapes from the first application. Draining, shaping or toning, the treatment sculpts the whole body with a deep feeling of well-being.

50' € 140.00

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### **LOCALIZED TREATMENTS**

#### **FORMA LEGS**

Legs bandage with a concentrated active principle with a cryodynamic effect. Effective to counteract heavy legs or edema states.

50' € 90.00

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## ROMAN CISTERN

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Body rituals and an intense moment for the spirit, enclose environments, rhythms and sacredness of gestures of Middle Eastern tradition. In our Roman cistern and in our elegant rooms, our treatments become unforgettable moments. Not to be missed.

HAMMAM RITUAL | body  
50' € 150.00 | 1 Person  
50' € 280.00 | 2 People

Body scrub with oriental essences on a stone surface and full body massage with precious, fragrant oils. After the massage, we recommend relaxing in the Nun Circuit (Tepidarium, Calidarium, Sudatorium and Frigidarium) for purifying exudation.

NUN CEREMONY | body and face  
80' € 190.00 | 1 Person  
80' € 350.00 | 2 People

Through massage, plant resins and honey, soluble toxins are captured and emulsified. Vacuum effect maneuvers help skin tissue to drain and purify itself. A special peeling using plant crystals at the end helps remove toxins and keratinized cells. After the massage, we recommend relaxing in the Nun Circuit (Tepidarium, Calidarium, Sudatorium and Frigidarium) for purifying exudation.

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## ROMAN CISTERN

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### WONDERFUL LIFE

Silhouette's style and harmony

A specific 5-session treatment program for wellness and healthy eating.

Fully personalized, provides accurate aesthetic history.

Our Nun Spa Manager would be pleased to give you suggestions on how use the Nun Circuit, helping you create a personalized package through a welcome interview.

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## HOW TO ENJOY NUN SPA MUSEUM

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Nun Spa Museum is open every day from 10:00 a.m. to 8:00 p.m.

For those who want to reserve the Nun Circuit, a courtesy kit including bathrobe, slippers, towel and shower gel is kindly provided.

All the guests should wear their personal swimming suit in order to use the relaxing pools and public areas. The locker rooms are equipped with hairdryer.

It will be a pleasure for our Nun Spa Manager to give you suggestions to how use the Nun Circuit, and to draw, through a welcome interview, a personalized package.

In order to avoid unpleasant setbacks, we kindly ask our guests to respect treatments and massages' times. In case of delay, the treatment or the massage's time could be reduced without any refund in order not to penalize the next guests.

It is kindly recommended to make the reservation in advance to have a wider possibility of times. Cancellation is possible, without penalty, if it is performed 48 hours before the appointment. Otherwise 50% of the amount will be charged; after the 24 hours, the total amount will be charged. In case of health problems or pregnancy, we kindly invite our guests to consult their doctor before the appointment.

Children are not admitted under 15 years.

From 15 to 18 years, only accompanied by parents. Spa opening hours: from 10 a.m. to 8 p.m. every day. In order to maintain the excellent quality that we offer, the Management reserves the possibility of making changes to this treatments list.