

# PERLASIUM SPA RITUALS

Different rituals thought to give a full physical and mental wellness.

Herbs, plants and flowers from our garden become precious elements to cuddle body and soul.

*In partnership with Dr. Vranjes, a famous perfumery born 35 years ago, we create unique rituals.*



DR.VRANJES  
— F I R E N Z E —

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**NUN \*\*\*\*\***  
ASSISI RELAIS  
& SPA  
MUSEUM

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## A WALK INTO THE AMPHITHEATER

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The journey of a thousand miles  
begins with a single step.

Lao Tzu

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**NUN CIRCUIT** | The ancient ruins of a Roman amphitheater are the perfect frame for the Nun Circuit: four rooms with different temperatures and grades of humidity (Tepidarium, Calidarium, Sudatorium, Frigidarium), a Jacuzzi and a multijet relaxing pool.

€ 40.00 | 3 hours

From Monday to Thursday, excluding major festivities

€ 70.00 | 3 hours

On Fridays, Saturdays and Sundays

Clays and poultices can be chosen to massage the body, to renew and nourish the skin and experience the thermal baths as ancient Romans, between steam and water.

### **RED CLAY, SAGE AND SUGAR CRYSTALS**

Stimulating and refreshing poultice.

€ 15.00

**CLAY, SALT AND ROSEMARY** | Balancing and energizing poultice.

€ 15.00

**CLAY, LAVENDER AND CYPRESS** | Purifying and calming poultice.

€ 15.00

## THE ROMAN CISTERN

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In our authentic Roman cistern the therapists perform exfoliations on a hot stone bed ahead of a warm massage to combine the wellness of body and soul.

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**ROSMARINUS** | Acupressure manoeuvres on feet and head to relax and prepare the body for a detoxifying exfoliation with clay and rosemary salt. A soothing massage for back and cervical area with aromatic warm oil envelops the body.

€ 150.00 | 50 minutes

**SALVIA** | Red clay scrub with sugar crystals and sage aromas together with argan and almond oils rebalance and cuddle the body. A relaxing massage with rose scented butter completes the treatment.

€ 160.00 | 50 minutes

**LUTO** | A purifying poultice with cypress, lavender and rosemary aromas is used to massage the body. Olive oil and green olive extracts cover the body to obtain a creamy and nutritious skin.

€ 170.00 | 50 minutes

**OLEUM** | Olive oil and kernel dust are combined in a creamy poultice to massage the body and create a deep nutritious mixture.  
An aromatic massage ends the treatment.

€ 190.00 | 80 minutes

€ 360.00 | 80 minutes | for two people

**VINUM** | An aromatic jelly with fizzy wine flavours renews and prepares the skin to a warm and refreshing poultice.  
A relaxing and scented massage ends the ritual.

€ 210.00 | 80 minutes

€ 380.00 | 80 minutes | for two people

## THE TASTE AND SMELL OF THE MONASTERY GARDENS

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The products of excellence from the monastery gardens become protagonists of unique treatments that bring us back to the Roman traditions.

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**CHOCOLATE & MASSAGE** | Nutritious butter with chocolate aroma.

€ 110.00 | 50 minutes

**AROMATIC HERBS RELAXING MASSAGE**

Natural butter with aromatic herbs scent.

€ 110.00 | 50 minutes

**WINE & MASSAGE**

Anti-fatigue massage with fizzy wine scented oil.

€ 120.00 | 50 minutes

**ANTISTRESS MASSAGE WITH PRECIOUS OIL** | Antistress massage with oil and iridescent golden crystals to promote the microcirculation and regeneration of the skin tissues.

€ 130.00 | 50 minutes

**LOCALIZED MASSAGE WITH HERBS** | A soft and hydrating localized massage.

€ 70.00 | 25 minutes

**ENERGIZING AND REBALANCING MASSAGE WITH HERBS** | Stretching massage with localized manoeuvres for back and cervical zone.

€ 90.00 | 25 minutes



## OUR CLASSICS

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A selection of massages and treatments performed by our skilled therapists with our “Perlasium” oil that instills a profound state of well-being.

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Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Vicki Corona

## BODY

**RELAX MASSAGE** | Natural and precious oils to reduce tiredness and guarantee a deep relaxation by using slow and sweet movements.

€ 90.00 | 50 minutes

**NUN MASSAGE** | Deep decontracting massage with pressures and stretching manoeuvres. It works on muscles and on circulation, reaching a detoxifying and regenerative effect.

€ 150.00 | 50 minutes

€ 220.00 | 80 minutes

**WELLNESS STONE MASSAGE** | Myofascial treatment with relaxing and anti-fatigue effect using hot stones and oil and with intense manoeuvres.

€ 160.00 | 50 minutes

€ 240.00 | 80 minutes

**BODY EXFOLIATION** | Scrub on a hot stone with sea salt, argan oil and sweet orange mixture.

€ 70.00 | 25 minutes

**LIMUS** | Body treatment and massage with ozone mud and eucalyptus to drain, firm, shape and clean the skin deeply.

€ 150.00 | 50 minutes

**HONEY TOUCH** | Treatment with organic Umbrian honey to nourish the body skin with deep manoeuvres for a vacuum effect. Toning and firming, for women.

€ 140.00 | 50 minutes

**SLIGHT LEGS** | Treatment and massage for legs and abdomen with bandages application with draining and shaping effect.

€ 180.00 | 80 minutes

**MANICURE** | Beauty spa treatment for hands and natural nails.

€ 60.00 | 50 minutes

**PEDICURE** | Beauty spa treatment for feet and natural nails.

€ 80.00 | 50 minutes

## FACE

**HEXAPEPTIDE – ANTIAGE** | Face, neck and décolleté treatment to prevent the ravages of time with different active principles for a lifting result.

It includes a stimulating massage to relax the skin and stretch out face muscles.

€ 190.00 | 80 minutes

**VITAMINUM – HYDRATING** | Intensive and hydrating treatment with hyaluronic acid and the use of cupping technique to stimulate the skin.

€ 150.00 | 50 minutes

**REGENERANS – PURIFYING** | Purifying treatment to rebalance the skin.  
Perfect for impure and irregular skin textures.

€ 110.00 | 50 minutes

## IN – AYURVEDA

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The Indian philosophy of Ayurveda is based on a intimate knowledge of the body and his connection with mind and spirit.

Health is therefore considered to be a steady state in which psychological and environmental factors are as important as physical ones.

The profound meaning of the discipline Ayurveda is deduced from the word itself composed of “ayus” (LIFE) and “veda” (KNOWLEDGE).

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Whatever's good for your soul do that.

Anonymous

**PADA ABHYANGA** | Localized massage from feet to knees, it gives various benefits, prevents dryness and numbness of the foot. Light but deep manual movements are carried out with windings, frictions and pressures.

€ 90.00 | 25 minutes

**SHIRO ABHYANGA** | Traditional Indian massage performed in a sitting position with energetic and relaxing manoeuvres on head, shoulders and neck. It gives benefit to sense organs and promotes their normal and natural functioning.

€ 100.00 | 25 minutes

**PINDASWEDA** | Soothing and emotional massage made with hot bags filled with herbs, spices and sands mixture. It uses different techniques and the action of heat and scents are combined to totally capture body and mind.

€ 160.00 | 50 minutes

**GAYATRI** | In our Roman cistern a gentle cleansing of the body is carried out with black Moroccan soap, olive oil and eucalyptus extract. Ayurvedic massage helps to promote and stimulate psychophysical well-being.

€ 190.00 | 80 minutes

€ 350.00 | 80 minutes | for two people

**SHIRODHARA** | The flow of warm oil from the forehead to the scalp stimulates the sixth chakra point (third eye) and gives a deep state of relaxation, with an antistress and detoxifying action on the body.

It helps to eliminate emotions and negative thoughts by improving the sensitivity of the five senses.

€ 90.00 | 45 minutes

**AYURVEDIC MASSAGE** | It gives a state of well-being to body and mind preventing the aging processes and improving the nervous system. It promotes circulation, eliminates toxins from tissues and calms emotions by reducing anxiety and stress and restoring the balance of the chakras.

€ 140.00 | 50 minutes

### **SHIRODHARA AND AYURVEDIC MASSAGE**

Massage and treatment allow relaxation of body and mind with greater sensory benefits.

It is an inner journey of self-discovery, with the opening of the energetic doors of the sixth chakra, eliminating emotional toxins and negative mental states.

€ 220.00 | 80 minutes

### **HYDRO-DHARA & FLOWERFALL**

A constant flow of hydrolats and essential oils with a soothing and antistress effect for mind that also improves the well-being of scalp and hair. This treatment creates an aromatherapeutic atmosphere for relaxation and rejuvenation, helping to regain balance and harmony and giving vitality and lightness.

€ 80.00 | 25 minutes

**REBUILDING** | This method rebuilds the damaged hair which has lost the constitutive components as proteins, trace elements, water and lipid reserves, because of chemical processing, mechanical stress and environmental aggression.

The treatment is composed of protein serum which provides amino acids to the cuticle and cortex, repairing the keratin chains of the hair fiber. After a restructuring bath, a mask brings shine and softness.

€ 110.00 | 50 minutes  
for medium-length hair (up to the shoulders)

€ 130.00 | 50 minutes  
for long hair (under the shoulders)

**PEELING CLEANSER** | Rebalancing treatment for scalp. 100% Natural. Detoxification and cleaning in tune with the cosmos that affect the beauty and the hair growth.

A very exclusive experience that combines the officinal efficiency of leaves with the aromatherapist power of natural essential oils, specifically selected at the moment of treatment, according to the moon cycle.

€ 110.00 | 50 minutes