

## **CLAY & AROMAS BOUQUET**

### ***ROSEMARY***

Body exfoliation with clay and rosemary salt for a relaxing and anti-stress effect which heralds a decongesting and refreshing massage with peppermint oil.

€ 170.00 | 50 minutes

### ***SAGE***

Sage body scrub made with red clay and sugar crystals. The scrub will envelop the body giving a regenerating effect thanks to the high content of iron oxides and it will prepare the skin to receive a jasmine shea mousse massage.

€ 170.00 | 50 minutes

### ***LAVENDER***

A skin-purifying clay poultice with aromas of cypress, lavender and rosemary is emulsified with hot water and massaged into the skin. The treatment will end with a relaxing and moisturizing massage made with a lavender and vanilla oil.

€ 170.00 | 50 minutes

### ***CITRUS***

Detoxing poultice with citrus red clay and fruit kernels grains. The treatment ends with a stimulating massage with olive oil and bergamot for an optimal result on the microcirculation.

€ 170.00 | 50 minutes

## ***BROOM***

A remineralizing and absorbent yellow clay poultice with elegant floral notes of broom gives a general feeling of well-being thanks to the salt-scented massage paired with manual toning skills.

€ 170.00 | 50 minutes

## **SALT – OLEUM – VINUM**

### ***PERLASIUM BODY EXFOLIATION***

Massage with fine-grained lime sea salt in sweet almond oil, vitamin E and lemon essential oil. Gently smooths the body giving a wonderful feeling of vitality and energy.

€ 140.00 | 50 minutes

### ***OLEUM***

Vitamin oil and olive kernel powder prepare the skin for a velvety and highly nourishing emulsion that is then massaged on the body. On the face a delicate jojoba pearls exfoliation. An anti-fatigue massage with silk protein and olive oil gently concludes the ritual.

€ 190.00 | 80 minutes

€ 360.00 | 80 minutes | for two people

### ***VINUM***

The fruity aroma of red grape jelly prepares the skin of both body and face for a warm compress made with grape seeds which have highly antioxidant properties. The enveloping and relaxing massage with Rosso Nobile gives an inebriating wine scented memory.

€ 190.00 | 80 minutes

€ 360.00 | 80 minutes | for two people

## MOMENTS OF WELLNESS

### ***MASSAGE & CHOCOLATE BUTTER***

Nourishing butter with a delicious chocolate scent paired with sweet and delicate touches for a moment of pure well-being.

€ 110.00 | 50 minutes

### ***MASSAGE & HERB BUTTER***

Natural butter with an aromatic herbs scent paired with energetic maneuvers for skin stimulation.

€ 110.00 | 50 minutes

### ***MASSAGE & IRIDESCENT ROSE BUTTER***

Fluid and enveloping touches are combined with a delicate rose floral scent, leaving the skin bright and velvety.

€ 110.00 | 50 minutes

# PSYCHO-PHYSICAL REBALANCING

## ***MYORELAXING MASSAGE***

Muscle relaxing massage aimed at improving oxygenation and regenerative processes of skin tissues. The guest has the opportunity to choose among our selection of excellent oils.

€ 130.00 | 50 minutes

## ***STONES OF WELLNESS***

Myofascial treatment for a relaxing and anti-fatigue effect with the use of hot stones in alternation with deep and relaxing manual maneuvers.

€ 140.00 | 50 minutes

€ 210.00 | 80 minutes

## ***NUN MASSAGE***

Decontracting massage that uses stretching and acupressure maneuvers. It acts on the deeper muscles and on the circulation, creating a detoxifying and regenerating effect.

€ 150.00 | 50 minutes

€ 220.00 | 80 minutes



## **BODY CARE**

### ***THALASSO THERAPY***

A total body anamnesis will be followed by the application of different clayey minerals giving a fresh sensation and a firming lipolytic effect from the stimulation of endogenous heat.

€ 180.00 | 80 minutes

### ***LIGHT LEGS***

Treatment and massage aimed at sensations of swelling and edematous situations on the legs and abdomen with the application of bandages soaked in concentrated active ingredient with draining and modeling purposes.

€ 180.00 | 80 minutes

### ***MANICURE***

Beauty spa treatment and hand and natural nail care.

€ 60.00 | 50 minutes

### ***PEDICURE***

Beauty spa treatment and deep and personalized care of feet and natural nails.

€ 80.00 | 50 minutes

## FACE CARE

### ***PERLASIUM HEXAPEPTIDE - Antiage***

Treatment designed for the face, neck and décolleté. It counteracts the signs of aging thanks to the use of a formulation of functional substances with a lifting effect such as Organic Silicon, Hyaluronic Acid and Exapeptide-19 (botox-like). It includes a stimulating connective tissue massage to stretch the skin and release tension from the muscles.

€ 190.00 | 80 minutes

### ***PERLASIUM VITAMINUM - Hydrating***

Intensive moisturizing and redensifying treatment based on Hyaluronic Acid, shea butter, donkey milk and vitamin C and E. After a careful cleansing and an accurate evaluation of the skin, we proceed with a personalized beauty routine based on the degree of dehydration with a massage that counteract the loss of tone of the face.

€ 150.00 | 50 minutes

### ***PERLASIUM REGENERANS - Purifying***

Treatment aimed at rebalancing skins that tend to be impure and uneven with a Mandelic Acid peeling which has antibacterial and illuminating properties. The treatment ends with a lymphatic drainage massage for a detoxifying effect.

€ 110.00 | 50 minutes

# AYURVEDA MENU

## ***PADA ABHYANGA***

Massage localized from the feet area up to the knee. It has various benefits such as preventing dryness and numbness of the foot. Deep manual skills are used with windings, clutches and pressures.

€ 90.00 | 25 minutes

## ***SHIRO ABHYANGA***

Traditional Indian massage that is performed using energetic motions on the head, the shoulders and the neck. It benefits all the sense organs and promotes their normal and natural functioning.

€ 140.00 | 50 minutes

## ***PINDASWEDA***

Relaxing and sensorial massage. It involves the use of hot bags with a spicy aroma, relaxing maneuvers, dabbing and specific body positioning. The combined action of heat and scents totally captures body and mind.

€ 160.00 | 50 minutes

## ***SHIRODHARA***

A flow of hot oil that starts from the forehead and reaches the scalp, stimulating the sixth chakra and giving a deep state of relaxation with introspective stimulation. By improving the sensory perception, it helps eliminate negative emotions and thought patterns.

€ 90.00 | 45 minutes



### ***AYURVEDIC MASSAGE***

It puts the body and mind in a state of wellbeing. This massage prevents aging processes, strengthens and improves the nervous system. It increases circulation, eliminates toxins from the tissues and, by restoring the balance of the chakras, calms emotions by reducing anxiety and stress.

€ 140.00 | 50 minutes

### ***AYURVEDIC MASSAGE & SHIRODHARA***

Massage and treatment that allows relaxation of body and mind with greater sensory benefits. It is an inner journey to discover oneself, by opening the energy doors of the sixth chakra, eliminating emotional toxins and negative mental states.

€ 220.00 | 80 minutes

### ***HYDRO- DHARA PEELING***

Rebalancing and oxygenating treatment for the scalp. Exclusive experience that combines the beneficial flow of hydrolates and essential oils with an exfoliating and stimulating massage, based on biodynamic herbs, with acupressure enhanced by aromatherapy.

€ 140.00 | 50 minutes

### ***GAYATRI***

In our Roman cistern a cleansing of the body is carried out with a black Moroccan soap, olive oil and eucalyptus extract. Following, an ayurvedic massage that will help to promote and stimulate psychophysical well-being.

€ 190.00 | 80 minutes

€ 350.00 | 80 minutes | for two people

## **HOW TO ENJOY THE NUN SPA MUSEUM**

Nun Spa Museum is open every day from 09:00 a.m. to 8:00 p.m.

Reserving the Nun Circuit, the courtesy kit including bathrobe, slippers, towel and shower gel will be provided. The locker rooms are equipped with hairdryer. All the guests have to wear their personal swimming suits in order to use the relaxing pools and public areas.

It will be a pleasure for our Nun Spa Staff to give suggestions to use the Nun Circuit.

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.

In case of health problems or pregnancy, we kindly invite our guests to consult their doctor before the appointment.

Children are not admitted under 16 years. From 16 to 18 years, only accompanied by parents.

In order to maintain the excellent quality that we offer, the Management reserves the possibility of making changes to this treatments list. Cancellation is possible without penalty if it is performed 24 hours before the appointment; after that term or in case of no-show the total amount will be charged.