



Hotel Olympia terme

TREATMENTS - BEHANDLUNGEN - TRAITEMENTS

TREATMENTS

CHAKRA STONE MASSAGE

The energy of stones combined with an Ayurvedic massage: slow and soothing movements to help you relax and unwind, freeing any built-up tension and stress in your body and mind. € 75 - 60 min

TIBET

Small bags filled with marine salt from the Dead Sea, Himalayan stones, natural active ingredients and fragrant essential oils. These bags are heated and massaged into your body for a draining, detox and stress relieving effect. € 75 - 60 min

WATSU

Originally from California this treatment is based on Shiatsu and is a combination of Japanese and Western techniques. Your body gently floats in shallow water, heated to 34-37°C, and the therapist with slow movements applies pressure along the meridian points to convey and release energy throughout your body. Leaves you feeling completely calm and relaxed. € 70 - 60 min

SOYA PILLOW MASSAGE

This technique originates from oriental traditions and encompasses all the beneficial properties of soybeans, herbs and plants with a sliming and toning effect. The warm pillows remove built-up stress leaving your body and mind in perfect harmony. € 75 - 60 min

ANTI-STRESS THERAPY

Stress is how our body and mind express a feeling of discomfort: this therapy helps eliminate the personal and interior causes of this state of uneasiness. This treatment based on traditional Essene methods, offers a journey to rediscover emotions and sensations promoting and freeing positive energy. € 70 - 60 min

INDIVIDUAL HERBAL RELAX

Creates harmony and wellbeing within the body using balancing treatments deriving from the Ayurveda lifestyle and practices

- 1 body scrub with Ayurvedic herbs
- 1 personalised Ayurvedic oil treatment
- 1 body massage with warm essential oils

€ 75 - 60 min

INDIVIDUAL SPA VITALITY

A journey to explore your senses in a relaxing atmosphere and personalised to enhance your wellbeing

- 1 personalised energising body scrub with Dead Sea salt
- 1 crystal water spa treatment
- 1 relaxing, detox massage with joy oil

€ 75 - 60 min



SPA MAN EXPERIENCE

For the man who is aware of himself and wants to rediscover and enhance his personality starting with care for his body. A treatment which is transformed into a new and total holistic experience: fragrant essential oils and toning massages to refresh and relax the mind, leaving your body feeling toned and reenergised and rich in energy and vigour. € 75 - 60 min



LUMA

Lights and fragrances for a total relax rich in coloured sensations and wellbeing. A treatment that begins with guided respiratory exercises leading to a cycle of aromatherapy with essential oils. Luminous stones create an itinerary of light across your body and release a beneficial and natural energy. € 75 - 60 min

REFLEX

This antique and traditional Chinese foot massage consists of applying pressure on the acupuncture reflex points to restore energy flows throughout your body. € 35 - 30 min

CRANIOSACRAL

This is a very gentle and delicate massage to improve flow of the fluids surrounding the brain and spinal cord. Helps the body to heal itself: alleviates headaches and pain, reduces stress levels, promotes a sensation of wellbeing. € 45 - 30 min

SPA RITUAL HANDS AND FEET

Sensational spa treatment for hands and feet using organic products and natural ingredients found in plants and exotic fruit leaving skin hydrated and nourished. € 35 - 30 min

CHÔDO

A massage for 100% relax. This massage technique goes back to an ancient imperial ceremony and is rich in fragrances, scents and colours all personalised to stimulate your emotions and to achieve inner calm and peace. € 45 - 30 min

LYMPHATIC DRAINAGE - BODY

This massage is a range of specialised and natural gentle rhythmic pumping techniques which balance our body's lymphatic system. This massage offers a number of benefits when treating oedemas, fluid congestion, headaches and puffy eyes giving tone to your body as it relieves swelling caused by fluid congestion. € 50 - 45 min

LYMPHATIC DRAINAGE - LEGS

A therapeutic massage which reduces the accumulation of liquids which can build-up in skin tissues and superficial areas of the skin and stimulates the lymphatic vessels and veins. Helps eliminate toxins from the body and improves blood and lymphatic circulation. € 35 - 30 min

SHIATSU

Originating in Japan this technique consists of applying pressure to specific pressure points in the body to simulate and release the "meridian" points. € 50 - 45 min

THAI MASSAGE

This ancient massage is perfect for who needs to restore "vital energy" and to find the right bio-energy balance. The aim of this particular massage technique is to achieve a state of "relaxation" and spiritual and emotional tranquillity. € 70 - 55 min

AYURVEDA

An ancient therapeutic Indian massage technique which restores harmony and balance between the mind and body with the use of specific essential oils (Vata-Pitta-Kapha). € 50 - 45 min

AYURVEDA SHIRODARA

An ancient Indian technique which is a lifestyle practice that aims at creating harmony within the body relaxing the mind and central nervous system reducing physical and mental stress. This technique is ideal for who suffers from headaches and nerve-related problems. The Shirodara treatment consists of pouring warm oil (Dhara) onto the forehead (Shiro) for a detox effect and reenergising sensation of wellbeing. € 85 - 60 min

CANDLE MASSAGE RITUAL

This massage uses a candle which creates pleasing sensations throughout your body. "The hot liquid" boosts your energy embracing you in aromatic fragrances leaving you with a pleasing sensation of wellbeing. € 45 - 30 min

KERALA FACE

This is a specific facial treatment consisting of the use of small wooden sticks with small bags attached and which are filled with an ayurvedic mix of petals. This technique relaxes facial contractions produced by stress and alleviates tension leaving you completely relaxed. € 40 - 30 min

PRICE LIST TREATMENTS

BODY MESSAGES

Soft creams and hydrating oils leaving skin elastic and toned: a wide choice of fragrances and aromas to pleasingly envelop your body.

"UNIVERSAOIL" Vitamin E oil, <i>smoothing</i>	€ 35 - 30 min
"SOY-SOY" soybean oil, <i>silky</i>	€ 35 - 30 min
"JOY OIL" joy oil, <i>toning</i>	€ 35 - 30 min
"BAMBOO" bamboo oil, <i>relaxing</i>	€ 35 - 30 min
"OLIVOIL" olive oil, <i>softening</i>	€ 35 - 30 min
"AROMATICO" aromatic citrus oil (blood oranges - lemons), <i>leaves skin elastic</i>	€ 35 - 30 min
"FLORS" floral oil, <i>detox</i>	€ 35 - 30 min
"MANDORLE DOLCI" almond oil, <i>rebalancing</i>	€ 35 - 30 min
"OLIO DI GIANDUIA" nut oil, <i>energising</i>	€ 35 - 30 min
Massages with fruit based vitamin creams	€ 35 - 30 min
Massages with pH-neutral creams	€ 35 - 30 min
Cellulite massage with heat activated reduction cream	€ 45 - 40 min
"RAXODO" firming massage	€ 45 - 40 min
"AROMA MESSAGE": with relaxing and detox aromatherapy compresses	€ 40 - 30 min
"SHEA BUTTER MESSAGE": deep moisturising, regenerating and toning	€ 40 - 30 min

BODY TREATMENTS

BODY SCRUB-PEEL a detox ritual leaving skin deeply cleansed, moisturised, smooth and silky. Recommended before applying other treatments or body massage.

Dead Sea salt	€ 40 - 30 min
Dead Sea salt with honey	€ 40 - 30 min
Hawaiian red sea salt	€ 40 - 30 min
Magic pepper, the spice	€ 40 - 30 min
Bali coffee	€ 40 - 30 min
Thermal trace element gommage	€ 40 - 30 min
Gommage scrub with black Moroccan natural soap Ghassoul clay compress	€ 45 - 45 min
Enzyme scrub "SUGAR PAPAYA" with massage and vial	€ 50 - 45 min
Olive oil scrub and pumpkin vegetable sponge	€ 40 - 30 min
Gold particle scrub	€ 50 - 45 min
"STRATOSOTTILE": peeling treatment for a toned-nourishing effect, ideal for oedemas with reducing and lifting properties	€ 110 - 90 min

The pleasure in discovering treatments which eliminate toxins and fluid congestion leaving your skin compact with sliming and toning effects.

"PANCIA PIATTA" flat midriff MAN (reduces midriff and waistline)	€ 65 - 60 min
"PANCIA PIATTA", flat midriff WOMAN green tea Krioplast (reducing effect, eliminates puffiness and swelling leaving skin toned)	€ 65 - 60 min
Pressotherapy leg wraps	€ 55 - 60 min
CELLULITE soybean based reducing treatment	€ 65 - 60 min
FIRE AND ICE reducing treatment	€ 65 - 60 min
LA THERMAE reducing treatment	€ 65 - 60 min
"SLIMMING HAWAIANO" reducing compress treatment	€ 65 - 60 min
Spa treatment for hands and feet	€ 35 - 30 min
Pedicure	€ 35 - 30 min
Pedicure treatment	€ 50 - 60 min
Manicure	€ 22
Full wax	€ 45
Half wax	€ 30
Full wax for men	€ 50

FACIAL TREATMENTS

Exclusive facial treatments to enhance your facial features leaving skin silky and rich in vitality. Innovative techniques which when combined with natural products restore appeal and radiance.

Deep cleansing with a peeling treatment, personalised face mask and massage	€ 60 - 60 min
Deep cleansing with a peeling treatment, personalised face mask and massage with "ORGANIC" products	€ 60 - 60 min
"LIFTING DE LUXE" leaves skin soft, smooth and toned with an extraordinary lifting effect	€ 65 - 60 min
"LUXUR CAVIAR" is a caviar based lift effect treatment and powerful anti-ageing	€ 65 - 60 min
"RE-WHITE" skin lightening treatment for skin with age and sun spots and discolorations	€ 65 - 60 min
"HYDRA PLUS" mask for very dry skin	€ 40 - 30 min
"ILLUMINANTE" mask leaves tired skin looking fresh and luminous	€ 40 - 30 min
"SENSITIVE" mask for sensitive skin for a relaxed and toned appearance	€ 40 - 30 min
"PERFECT COMBINATION" mask for mixed/greasy skin leaving it visibly appealing	€ 40 - 30 min
Thermal mud rich in active ingredients	€ 40 - 30 min

MOVEMENT AND WELLBEING

Activities and sports for a greater sensation of wellbeing.

We have a staff of instructors, personal trainers, yoga masters, nature guides to help you live a pleasing experience in direct contact with nature.

We offer a number of courses based on traditional oriental disciplines which for thousands of years have been used to relax, eliminate stress creating a balance between the body and mind through a system of slow meditative physical exercise.

- PILATES
- OUTDOOR YOGA
- THAI CHI

SPORT AND NATURE

NORDIC WALKING

Nordic Walking is a natural and effective way of exercising to improve personal fitness and tone up muscles in the entire body. This sport is open to all ages and does not require specific physical preparation.

EASY BIKE

We also organise cycling excursions so you can discover nature and the natural beauty of our Hills accompanied by a member of staff and our nature guide. Excursion bikes are available.

These outdoor activities are organised by terme.sport@turismopadova.it



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