



SMALL
LUXURY
HOTELS
OF THE WORLD

“Indulge in a dreamlike journey for the wellbeing of your body and mind in an exclusive haven, far from reality, where time and space touch each other gently, chase one another and embrace to merge in a dance driven by your emotions.

In a place of refined taste, suffused candles lights and reflections of subterranean waters, surrounded by colours, scents and harmoniously orchestrated sounds, discover the pleasure of getting lost and find yourself again”

Welcome to

‘Le Grotte Spa’

***COMPLETE SPA PATH INCLUDES:**

Steam Grotto(Turkish Bath)
Finnish Grotto (Sauna)
Emotional Grotto (Emotional Showers)
Regenerating Grotto (Regenerating Cold Bath tub)
Water Grotto (warm Water Pool with hydromassage)
Sun Grotto (tanning lamps)
Himalayan Salt Grotto (free 10-minute cuddle massage included)

about 2 hrs

€ 100,00 per person

* A single grotto may be reserved at a price of € 25,00 each (Salt and Sun Grottos excluded)

Sun Grotto

10 minutes	€ 25,00
20 minutes	€ 35,00
30 minutes	€ 45,00

Salt Grotto

40 minutes	€ 80,00 (30-minute relaxing massage + 10 minutes stay)
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Our Guidelines

Our ideal of psychophysical wellbeing follows three main guidelines: Relaxation, Detoxification and Regeneration. We are able to create customized paths suiting our guests' specific needs thanks to the competence and professional experience of our specialists and the high quality of the products we use.

SANTAVENERE SPA PATHS

Relaxing path

Finnish sauna or hydromassage in Water pool Grotto
Facial Treatment
Relaxing massage 30'

Total time: 1 h and 30'- 2hrs € 180,00 per person

Draining Path

Finnish Sauna
Regenerating cold bath
Emotional showers
Three sea-weeds Treatment
Lymph drainage massage Vodder method 60'

Total time: 2 hrs € 230,00 per person

Invigorating Path

Finnish sauna
Emotional showers
Finnish sauna
Regenerating cold bath
Bioenergetic massage 50'

Total time: 1 h and 30' € 200,00 per person

CLASSICAL MESSAGES

Relaxing Massage 60'	€ 120,00
Relaxing Massage 30'	€ 60,00
Deep Relaxing Massage 60'	€ 140,00
Lymph drainage Vodder Method 90'	€ 190,00
Emolymphatic Massage 60'	€ 140,00
Couples Massage 60'	€ 210,00
Sports Massage 60'	€ 140,00
Deep Tissue (total) 45'	€ 140,00
Deep Tissue (back) 30'	€ 90,00
Deep Tissue (legs) 40'	€ 120,00

HOLISTIC TREATMENTS

The holistic approach, which draws its inspiration from the ancient oriental disciplines up to the modern western techniques, helps to guarantee concrete results, visibly perceptible, durable and certainly responding to your expectations. The expert guide of our professionals will learn you how to love, respect and listen to your body attentively, regaining consciousness and primal joy of living. You will experience a state of deep well-being, perceivable in each capillary, muscle fiber as well as in your mind by obtaining a conscious and balanced energetic exchange with the Universe.

Traditional Thai Massage 60'

€ 140,00

"Touch to heal"

Thai massage is based upon a holistic concept that is fundamental for the manipulations of digitopressure. The massage, received or given, becomes a mean to reach a specific psychophysical condition that may enhance our natural inclinations to wellbeing. Thai massage acts mainly on 10 energetic lines called SEN. The body is gently but deeply manipulated through palm-pressures, digitopressures, use of feet, knees, elbows and forearms along with techniques similar to those of passive stretching. The aim is to remove joint stiffness and clear energy blocks by stretching muscles and improving tone.

Reflexology 30' or 45'

from € 80,00 to € 120,00

"Human foot is a masterpiece of engineering and a work of art"
(Leonardo Da Vinci)

The ancient Chinese people considered human beings as the expressions of a tension between two poles: earth and sky. The sky is above the head, and the earth is under the feet, the contact points between the vital energy of men and the earth. Based upon the principle stating that it is possible to act on the internal processes of the body through pressures on specific points and areas of the feet, reflexology can stabilise and rebalance the body actively producing a deep relaxation and improving the quality of sleep and concentration.

Cupping Massage

"We sit together, the mountain and me, until only the mountain remains"
(Li Po)

Full body 60'	€ 140,00
Back 30'	€ 90,00
Legs 45'	€ 120,00
Face (with a draining and lifting effect) 30'	€ 70,00

Cupping is a therapy used in traditional Chinese medicine to remove stagnation and stimulate the flow of qi (chi), the free flow of vital energy circulating through the body; if the qi is disrupted or disturbed, it can create stagnation (blockages) or imbalances in the body.

A cupping treatment involves warming and placing cups on the skin. This increases the blood flow, loosens connective tissue, and is thought to stimulate healing. It is a good remedy to reduce pain and cellulitis

Bamboo Massage 60' € 130,00

"There is no way to peace. Peace is the way"
(Thich Nhat Hanh)

In Eastern Countries bamboo is considered to be a symbol of eternal youth, health, happiness and success. It is a plant rich in silica, an active ingredient that strengthens inner layers of epidermal tissue. It is, at the same time, a potent antidote against stress and an elixir of beauty. According to ancient Chinese culture, bamboo sticks let their own energy flow absorbing possible excess of energy and restoring a natural energy body balance. Today bamboo canes are adopted for massages which may relieve both muscular and mental tensions. Particularly advisable after sports activity, it is also a good remedy against cellulitis as it stimulates lymphatic circulation. The result is a deep relaxation and a pleasant sense of complete well-being.

Ku-Nye Tibetan Massage 60' € 140,00

"Melody exists even if there's no blackbird to sing it"
(Unknown)

Among the external therapies belonging to Tibetan medicine, Ku-Nye massage can be more easily used to treat many diseases to enhance body relaxation and mental pacification.

It is characterised by three steps:

- 1) *Ku: application of oil followed by heat, and joint mobilization.*
- 2) *Nye: muscle massage and digitopressure*
- 3) *Chi: oil removal with a warm cotton cloth*

Detoxification, more vitality, less general pains, and an improvement in psychosomatic conditions are among the benefits of Ku-Nye. The use of sticks is among the special techniques of Ku-Nye massage as they produce a deeper and more powerful effect than digitopressure. Disorders in the air concentrate in the treated part and are removed by the vibration produced by the percussion of the stick.

AYURVEDIC MESSAGES

Abhyanga 60'

€ 140,00

Abhyanga massage has a fundamental role in the ayurvedic tradition. Through the regular use of medical oils it makes the epidermal tissue more elastic and better nourished. It also detoxifies the body offering a condition of psychophysical balance by stimulating specific points (marma).

Shirodara 45' (oil pouring)

€ 100,00

One of the most important Ayurvedic treatments consists of pouring oil in a continuous flow between the eyebrows, a part better known as the third or inner eye. This treatment has an extraordinary relaxing and regenerating effect and it is also excellent for diseases affecting the central nervous system and the emotional

and psychosomatic condition. It is also good for the treatment of insomnia, headache, sinusitis, neck, eye, nose and throat pains.

Abhyanga + Shirodara 80' € 200,00

Partial Ayurvedic Massages

Shiro Abhyanga (Head) 30' € 70,00

Pada Abhyanga (Feet) 30' € 70,00

Tanda Abhyanga (Back) 30' € 70,00

Nala Abhyanga (Legs) 30' € 70,00

OUR TOP EXPERIENCES

Venus Miracle 120' € 450,00

Poppaea, Cleopatra and Pauline Bonaparte were among the first women who were seduced by this beauty ritual, the immersion in a tub full of donkey milk. The treatment starts with a scrub based on snail secretion to prepare the skin receiving this rare and precious nectar. It ends up with a relaxing massage with shea butter, excellent to prevent and reduce wrinkles and give force and brightness to the skin. The effect of the treatment on skin is surprising, apart from being a unique sensorial experience as well.

Vibrational Sound Massage with Tibetan Bowls 60' € 140,00

The vibrational sound massage with Tibetan Bowls is characterised by sounds and vibrations produced around the body to let the inner energy flow in every part of it

by clearing energy and emotional blocks. Soundwaves nourish a powerful inner source of self-healing with an extraordinary effect on mental, emotional and psychic activities enhancing self-confidence and trust in life. The same treatment is amplified if practiced in the Water Grotto and offers a pleasant sense of regression.

Tuning Fork Sound Therapy 60'

€ 140,00

The sound of Tuning Forks is the auditive expression of vibration, the mean of communication among our body cells. The harmonics of Tuning Forks enter into resonance with our body cells to reactivate the right vibrational frequency. Tuning Forks Therapy applied to aesthetic represents an absolute innovation in the field of natural beauty. It is a non invasive and pleasant treatment that consists in the application of diapasons on the face to reduce wrinkles and bags under the eyes, to oxygenate and improve blood circulation. It can also help reducing scars and oedemas, as well as improving lymph circulation and reducing the unaesthetic effects of cellulite. Two specific tuning forks, Ho/Sha (tone up/dispersion) are placed on the areas to be treated and release healthy frequencies that tone up the area in depth. The use of quartz disks placed together with the tuning forks improves their vibrational action and, as a consequence, the possibility to have good results in less time.

One Night in "Le Grotte" 180'

An Exclusive and extremely romantic night for couples wishing to live a life-changing night experience, from 21,00 to 23,00

Spa Path

Strawberries, Chocolate and Champagne

**2 days advance reservation is recommended*

€ 550,00

SkinCeuticals Facial Treatments

Anti-aging treatment with Vitamin C 60' € 160,00

Ideal for firming the skin, this treatment gives complexion a newfound brightness. The pure vitamin C and amino-acids help to nourish the skin and protect it from free radical attacks.

Lightening treatment 60' € 160,00

This treatment is designed to reduce discoloration of the skin and hyperpigmentation due to sun exposure. The presence of certain acids (salicylic, glycolic, malic, tartaric ones) allows progressive exfoliating action, clearing dark spots and preventing the formation of new ones. It is also recommended in the summer.

Moisturizing treatment 60' € 140,00

A high concentration of hyaluronic acid will help bind moisture to the skin. Vitamin B5 will relax and refresh face complexion by minimizing expression lines and uneven skin tone.

Anti-imperfection treatment 60' € 160,00

Created to significantly treat blemish-prone skin. The presence of fruit acids guarantees an exfoliation targeted to eliminate impurities and excess sebum production minimizing pores. The results are evident from the first treatment. It is also recommended in the summer.

Cleansing Ritual 60' € 120,00

Deep cleansing facial treatment that removes impurities and promotes cell turnover and oxygenation of the skin, allowing optimum penetration of the active ingredients.

Customized treatment 60' from € 130,00

Our beauty expert, after an attentive evaluation of your skin, will help you to determine the best suited facial from our list of treatments, customizing it to suit your personal needs.

SkinCeuticals Face Rituals 60'

SkinCeuticals Anti-Aging Programme

-Deep Cleansing: cleansing and exfoliation

-Anti-aging treatment with Vitamin C

from € 160,00

SkinCeuticals Hydrating Programme

-Deep Cleansing

-Hydrating treatment with Hyaluronic acid

from € 140,00

SkinCeuticals Anti-imperfections Programme

-Deep Cleansing

-Sebum balancing, anti-spot, post-acne marks minimizing treatment from € 160,00

* For better results, a minimum of three sessions is highly recommended

Thalgo Facial Treatment

Thalgo Eclat Illuminating Treatment € 90,00

The ideal treatment after an all day long sun exposure, before a special event to rapidly attain a radiant effect. The skin will improve its natural ability to reflect light and face features will appear more relaxed and less tired.

Thalgo Body Treatments

Scrub+Hydration 45'

€ 60,00

Scrub+Wrap+localized massage 60'

€ 140,00

Thalgo Three sea-weeds Treatment(+ localized massage)45'

€ 100,00

This remineralizing and purifying treatment is effective in reducing cellulite and fat cushions, helping to shape the silhouette after a pregnancy.

Our Mud Treatments(+ localized massage)60'

€ 100,00

Le Grotte Spa creates, after a free consultation, customizable mud treatments. Our therapists will be glad to recommend the treatment that best suits your needs.

Thalgo Body Rituals

Polynesia Ritual 90' € 210,00

An intensely relaxing and sensorial treatment, warm exotic fragrances will promote regeneration for body and mind. The body returns refreshed, detoxified and beautifully scented with Monoi oil and Tiare flowers, your mind will be taken on a dream-like journey to Polynesia.

Indocéane Ritual 90' € 210,00

Close your eyes and be drawn into a far Eastern journey where health and beauty become one. This ritual will take you to discover a new vital relaxation. Essential oils and Qi - Baume balm enriched with Indian divine scents with rejuvenating properties, such as sandal and patchouli, will let you live a unique sensorial experience.

**All body treatments consist of a preliminary exfoliation. In order to avoid hypersensitivity skin reactions, it is highly recommended to avoid epilation the hours immediately before and after the above treatments.*

Aesthetic Treatments

Manicure 60' € 45,00
Pedicure 60' € 50,00
Schellac Manicure o Pedicure € 75,00

Epilation

Full Leg € 42,00
Half leg € 26,00
Groin Area € 30,00
Eyebrow Design € 15,00
Upper Lip € 12,00
Under arm € 20,00
Forearm € 26,00

Chest	from € 20,00 to 45,00
Abdomen	from € 20,00 to 45,00
	from € 20,00 to 45,00

Make Up

Day or Evening Make up	€ 80,00
Ceremony Make up	€150,00
Wedding make up (make-up tests included)	€700,00

Fitness

Fitness service, upon reservation, is available every day, from 9.00 a.m. to 12.00 am and from 15.00 p.m. to 20.00 p.m. It is included in the rate of your stay.

Tennis Court/Five-a-Side Football Pitch 60'

Our guests may use the Tennis Court and Five-a-Side Football Pitch for free, upon reservation.

A coach is available upon request.

Cost of the Coach (per hour)	€ 70,00
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RESERVATIONS

Le Grotte Spa is open daily, including bank holidays, from 10:00 to 20:00.

For reservations, please contact us and our professionals will be glad to suggest you the treatment that best suits your needs.

Advanced reservation is recommended to ensure availability

Phone +39 0973 876910

Int. 315 - 509

E-mail: spa@santavenere.net

SPA ARRIVAL

Please arrive on time. A late arrival may consequently require a reduced appointment time with respect to the guests that are scheduled after you.

CANCELLATION POLICY

Please understand that when you forget or cancel your appointment without giving enough notice, we miss the opportunity to fill that appointment time, and other guests may miss the opportunity to receive services. Since treatments and services are reserved for you personally, a Cancellation fee will apply. Less than 4 hour notice will result in a charge equal to 50% of the reserved service amount. "NO SHOWS" will be charged 100% of the reserved service amount.

SPA ETIQUETTE

Smoking and alcoholic drinks are not allowed

PREGNANCY & MEDICAL CONDITIONS

Be sure to mention any medical information before your treatment begins. Certain treatments may not be advisable for you. In case of pregnancy our treatments are provided only beyond the first trimester.

CHILDREN

Admission to the Spa and the Gym is not allowed to children under 16 years of age.

VALUABLE OBJECTS

Spa management is not responsible for loss of personal property left unattended.

DAY SPA GUESTS

Day Spa Guests are welcome to our Spa, upon reservation. You will be asked to provide your credit card number details to guarantee your reservation.

PRODUCTS & GIFT VOUCHERS

We are delighted to inform you that all our skin and body care products can be purchased for home care regimen.

Customized Gift Vouchers are also available and can be purchased at the reception.



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