



BELVEDERE SPA & BEAUTY
TREATMENT PRICE LIST

BELVEDERE SPA & BEAUTY

450 M² OF HARMONY FOR THE SENSES

Large, welcoming, relaxing.

Created using only the most prestigious materials,
the Spa and Beauty Centre is an authentic jewel in our crown.

- Large indoor Jacuzzi Pool with massage jets and mineral salts • Kneipp pool • Bio-Sauna •
 - Turkish bath with thalasso therapy • Blue Grotto with Dead Sea salt bath •
- Tropical showers with exotic passion fruit essence • Cold cavern • The 5 senses relaxation room with herbal tea area •
 - Beauty treatment and massage rooms •
- Sun terrace with sun loungers • Outdoor swimming pool heated from April - October

Guests who are not staying in the hotel who wish to use the centre are requested to book in advance and the entrance fee is € 35.00 per person for a maximum stay of 3 hours (use of a soft bath robe, sauna towel as well as a free pair of Belvedere slippers included).

IMPORTANT SPA CENTRE RULES:

- Entrance to the Spa and Beauty Centre is only permitted to people of 16 years of age or over.
 - You will be asked to complete and sign a form declaring your own good health.
 - Maximum time limit of 20 minutes in the Sauna, Turkish bath, the Blue Grotto (Dead Sea salt bath) and the Jacuzzi.
- Please note that in the Sauna, Turkish bath and the Blue Grotto, the use of regular swimming costumes is not permitted.

You can use the sauna towel to cover yourself or the disposable costume provided.
- Throughout the Spa and Beauty Centre we ask you to respect the silence for the comfort and relaxation of all guests.
 - For massages and treatments you are asked to wear the disposable pants provided by the centre.
- The full cost of any appointments cancelled less than 24 hours before the scheduled time will be charged to the guest's bill.





“AN INORDINATE PASSION FOR PLEASURE
IS THE SECRET OF REMAINING YOUNG”

Oscar Wilde



BELVEDERE
WELLNESS HOTEL IN RICCIONE



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*Thanks to twenty-five years' experience in herbal medicine and the scientific management of Professor Giuseppe Mazzocco (Sport and Exercise Sciences - University of Padua), we formulated the **Mei** rituals: a unique level of effectiveness and comprehensiveness. More and more people are looking for reliable results and these innovative rituals and the **Mei** herbal products, have become indispensable, not only for wellbeing, but also for the maintenance of good health, as they are backed up by scientific research and experiments conducted by **the WFA - Wellness from Feet Academy directed by Prof. Giuseppe Mazzocco** himself.*

*This is the philosophy of scientific wellbeing, which is at the core of the Mei rituals and includes a specialised aromatherapy using essential oils extracted from wild plants and herbal teas, specifically chosen to enhance the power of massage with the **Podostrigiles®**: the unique patented tool that recreates the features of the "strigil", used in ancient Roman baths, and that ensures a deeper and more focused result. In addition, the feeling of wellbeing generated by the rituals can be enhanced and extended by using the appropriate natural products also at home, as recommended by the therapist, trained according to the WFA standards.*



MEI RITUALS - FACE

ROSEMEI

Duration: 30 min. € 45.00

The essential oil of Persian Rose is the main ingredient that makes this ritual a real pearl. Its unmistakable aroma, released by the scrub, the tonic and the cream, is enhanced by the innovative manual skills of the therapist giving immediate and tangible results. Let yourself be enveloped and inebriated by the magic aroma of the queen of flowers, a dream for the facial skin and for general relaxation.

The ritual also includes aromatherapy.

OXYGENATING

Duration: 50 min. € 95.00

This ritual is a wonderful experience that you can treat yourself to, discovering that the benefits are not only limited to the facial area, but the intensity of the treatment creates a wave of deep overall wellbeing throughout the body. Silica is the precious core element of the treatment, which is enhanced by Argan oil (the gold of the desert) and reduces the signs of time, oxygenating the skin of face and hands, leaving them extremely compact and glowing.

The ritual also includes aromatherapy.

ANTI-AGE

Duration: 50 min. € 90.00

With the passage of time, our skin unveils the aggression of environmental pollution and lifestyle mistakes. The MEI ANTI-AGE ritual has been specifically designed to restore tone, glow and compactness to the skin on both face and hands, right from the very first session, thanks to the antioxidants and the extraordinary anti-wrinkle proprieties of Tamanu oil, extracted from this precious Polynesian fruit. The ritual also includes aromatherapy and scalp massage.

HOMME MEI

Duration: 50 min. € 75.00

This ritual consists of a facial scrub using Sicilian salt and cucumber gel and a massage using a refreshing green mint cream. To finish, a purifying anti-wrinkle vitamin serum is applied. Even men's facial skin needs special care and, for this reason, a ritual which is able to satisfy the most demanding, meticulous and curious of men has been created. With Homme Mei, based on the natural active ingredients extracted from wild plants, the skin is left bright and toned.



MEI RITUALS - BODY

THE GATES TO WELLBEING

Duration: 50 min. € 65.00

The path towards wellbeing envisages passing through the body's 'gates': our hands and feet. In ancient times, special attention was devoted to these important parts of the body, but today they are often neglected. This ritual THE GATES TO WELLBEING uses the power of water and essential oils with excellent results in terms of wellbeing for both body and soul. The ritual also includes aromatherapy and scalp massage.

DETOX

Duration: 50 min. € 70.00

Try the MEI-DETOX ritual and discover a new dimension of wellbeing. It is the ultimate detoxifying treatment, cleansing the skin of your entire body thanks to the Italian green mud scrub, enriched with green apple juice, castor oil and lemon essential oil. The relaxing action is enhanced by the use of pure lavender essential oil from the Provence. The ritual also includes aromatherapy and scalp massage.

THE TREE OF LIFE

Duration: 50 min. € 80.00

Just like in a plants' life, the lymph plays a crucial role for humans: it eliminates toxins, regulates the immune system and is involved in body metabolism. This treatment gently, yet deeply, stimulates the drainage of water retention, cleansing and energizing the body. THE TREE OF LIFE is 'drawn' on the body with the Podostrigiles® (massage patented tool) by following the lymph flow and energy meridians. Accurate manual skills are enhanced by the action of warm mud made from Italian green clay, three types of Algae and eight essential oils extracted from wild plants. THE TREE OF LIFE restores strength to the body's energy flow. The ritual also includes aromatherapy and scalp massage.

FIORDIPELLE

Duration: 50 min. € 90.00

Cellulite is not only a beauty problem but it can also lead to diseases of circulatory or metabolic origin. FIORDIPELLE is an innovative ritual that has the power to remove water retention and energize skin tissue, contrasting cellulite accumulation, thanks to the powerful synergy between the massage with Podostrigiles® (patented tool for massage) and the action of the active ingredients orange, fennel, arnica and juniper. For immediately visible results, we recommend repeating it every other day, or every day, for at least three sessions. Results can be enhanced using the specific Mei FIORDIPELLE line of products for self-treatment at home. The ritual also includes aromatherapy and scalp massage.

MEDITERRANEAN

Duration: 50 min. € 85.00

This precious ritual uses only the best ingredients of the Mediterranean, clay and pure essential oils of orange and lemon, relaxing and rebalancing the body. The first stage is detoxifying, with a scrub made from Italian green clay. Then the ritual follows with a special massage performed with pure essential oils, that leave the skin more toned, bright, healthy and sweet smelling. The ritual also includes aromatherapy and scalp massage.

MEIMAN / MEIWOMAN

Duration: 125 min. € 165.00

Thanks to this ritual, which is personalized for men and women, your body is left strong and toned, your skin is left with a healthy glow and your soul smiles from within. A true "remise en forme". Starting from the feet and going right up to your head, this treatment involves eight different phyto-cosmetic products and different targeted actions, either for her or for him. The use of a sugar scrub and the fabulous aromas of Sicilian citrus fruit characterize the ritual for women. Whereas, the one for men uses sea salt, ginseng and peppermint. The body is first treated with a detoxifying exfoliation, followed by a massage with selected anti-stress essential oils and an anti-aging facial treatment.

MEI RITUALS - FEET



PMP® WELCOME

Duration: 15 min. € 30.00

This ritual gives an immediate sensation of vitality and freshness followed by the liberation of hidden tensions and stress. In just 15 minutes you will feel like a new person!

PMP® CLASSIC

Duration: 50 min. € 70.00

Following ancient Roman techniques, this ritual combines the use of water, hot or cold spa-mud, manipulation and essential oils, which are all enhanced by the massage with the Podostrigiles® (patented massage tool using similar features of early strigils). PMP®, thanks to scientific research, is a unique and patented method, consisting of 5 phases and 5 specific natural products, which, in just 50 minutes, provides total overall well-being.

PMP® DYNAMIC

Duration: 25 min. € 45.00

Essential oils extracted from wild plants and a massage performed with the Podostrigiles® (patented tool for massage), based on a scientific protocol, are the essence of this ritual, which includes aromatherapy using Italian Peppermint and a special compress.

This ritual invigorates and energizes the entire body, and is especially recommended after sport activities, after a sauna or to give relief to swollen or tired feet.

MEI RITUALS - COMBINED



MEI RITUALS - COMBINED

FEET AND FACE

EARTH & SKY

Duration: 100 min. € 145.00

The high oxygenating effect on the facial skin combines with the beneficial and patented PMP® method to create an EARTH & SKY effect: two opposites that work together, to provide an unbeatable feeling of relief and, above all, immediate and visible results. This ritual is characterized by its detoxifying power, enhanced by nourishing Vitamin oil, Wheat Germ oil, Jojoba oil and integral Azulene. The ritual also includes aromatherapy and scalp massage and concludes with a moment of relaxation while you enjoy a cup of Tea of Wellness.

FEET AND BODY

RE-BALANCING

Duration: 75 min. € 95.00

This ritual draws its strength from the synergy between the PMP® patented method (50 minutes devoted to the feet) and a specific massage of the abdomen (25 minutes). Thanks to this particular combination, to the active subcutaneous medicinal ingredient conveyed by a heat treatment and the technical use of Podostrigiles® (a patented tool for massage), an overall deep physiological and psychosomatic sense of wellbeing is generated. The ritual also includes aromatherapy and scalp massage and concludes with a moment of relaxation while you enjoy a cup of Sicily Garden Tea.

FEET AND BODY

FIORDIPELLE GOLD

Duration: 100 min. € 145.00

Particularly recommended in case of cellulite, venous stasis and water retention, this ritual is able to restore the blood / water exchange, the peripheral oxygenation and the balance of liquids. The 50 minutes of the patented method PMP®, entirely dedicated to the feet, are integrated by the 55 minutes of innovative combined massage on thighs, buttocks and abdomen, creating a special feeling of wellbeing, thanks to the long duration of the ritual and the outstanding quality of the natural products used. The ritual also includes aromatherapy and scalp massage and concludes with a moment of relaxation while you enjoy a cup of Horsetail Herb Tea.

FACE AND BODY

PERSIAN ROSE RITUAL

Duration: 75 min. € 135.00

Roses bloom all year round with this precious facial and body ritual. The essence of Persian Rose envelops the skin in a soft embrace thanks to its smoothing and brightening effect. Put yourselves in the harmonious hands of our beauty therapists and, together with the 7 natural Mei Products used, they will leave you feeling regenerated and your skin will bloom once more.

LA CURE DEAD SEA TREATMENTS

The LA CURE product range has been created using pure and completely natural products. These come directly from the deepest point of the earth: the Dead Sea. The Dead Sea is well known for its amazing concentration of minerals, 35 in total, which are used for their therapeutic and cosmetic qualities.

BODY SCRUB WITH SALTS FROM THE DEAD SEA

Duration: 25 min. € 35.00

This treatment removes the dead top layer of your skin leaving it smooth and preparing it for any further treatments.

FULL BODY MUDPACK

Duration: 50 min. € 65.00

The 100% natural black mud thoroughly cleanses your pores and leaves your skin feeling perfectly clean and soft. The mud helps your microcirculation with a purifying and detoxing effect.

FULL BODY TREATMENT WITH SALTS FROM THE DEAD SEA

Duration: 80 min. € 115.00

Includes:

Body scrub using Dead Sea salts (duration: 20min.)

Body mask using 100% natural mud (duration: 35 min.)

Super moisturising massage using a refreshing lotion that is enriched with Dead Sea minerals (duration: 25 min.)





TOTAL BODY MESSAGES

FITNESS MESSAGE

Duration: 25 min. € 45.00

Duration: 50 min. € 70.00

This is one of the various massages that relax contracted muscles. A firm touch with light rhythmic movements eases fatigued muscles. For this reason, it is particularly recommended for those who do sports or physical exercise.

AROMATIC ANTI-STRESS MESSAGE

SHOULDER, NECK, FACE AND HEAD MESSAGE:

Duration: 25 min. € 45.00

TOTAL BODY: Duration: 50 min. € 75.00

This is a massage that will relieve stress and works directly on tense areas. Using aromatic and natural essential oils which help you sleep better, lift your mood and stimulate circulation.

LYMPH DRAINAGE MESSAGE

Duration: 50 min. € 70.00

This massage helps to stimulate the lymphatic system with a number of benefits for the body: It will boost your microcirculation, free the connective tissues from excess liquid and toxins, improve cell oxygenation and combat cellulite formation. Due to the slow and rhythmic movements of this purifying massage, you will experience a general feeling of relaxation, and, if you are stressed or tired, it will help you to get a good night's sleep.

ORANGE BODY MESSAGE

Duration: 50 min. € 58.00

This is a relaxing massage with a soft cream using orange extracts, which calm anxiety, nervousness and insomnia. Due to its high concentration of vitamin C, your skin will be left smooth, toned and soft. This treatment can also be done as a couple.



EXOTIC MASSAGES FROM **AROUND THE WORLD**

JAPANESE 'KO-BI-DO' FACE MASSAGE

Duration: 50 min. € 75.00

This massage is an excellent treatment to help your face look younger and revitalised. It helps to release blocked energy and stress in the face and neck area and eases tense facial muscles. The fast and rhythmic movements will strengthen your nervous system, blood circulation and lymphatic system, favouring cell renewal. Your skin will have a more toned and fresh look to it.

ROCK CRYSTAL FACE TREATMENT

Duration: 50 min. € 75.00

This treatment smoothes and brightens the face thanks to the active principles of the ayurvedic products, rock crystals and the gentle lymph-draining massage.



AYURVEDA MASSAGE “PINDASWEDA”

BODY: Duration: 50 min. € 75.00

FACE: Duration: 25 min. € 45.00

Pinda = round mass, Sweda = warmth. Pindasweda is a therapeutic heat massage treatment using a soft, warm cotton pouch (filled with lavender, fennel, peppermint and ginger). The warmth and herbs work together to help reduce bloatedness and water retention and also break down toxins present in muscle tissue and joints. Pindasweda relieves muscle pains and favours circulation, leaving the skin healthier.



EXOTIC MESSAGES FROM **AROUND THE WORLD**

RATNA ABHYANGA AYURVEDIC BODY MASSAGE

Duration: 50 min. € 85.00

WITH CRYSTALS AND SEMI-PRECIOUS STONES

Ayurveda also uses gems to improve wellbeing, vigour, creativity and rejuvenation. This treatment eases physical and mental tension. The massage with crystals and semi-precious stones is carried out on the whole body, paying particular attention to the face, hands and feet and in the areas of the 7 chakras in order to harmonise energy.

INTEGRATED REFLEXOLOGY MASSAGE

Duration: 25 min. € 45.00

Duration: 50 min. € 75.00

Foot reflexology is an ancient 5000 year old Chinese method which rebalances energetic-functional harmony. This treatment starts with a gentle foot massage to stimulate specific reflex zones (every area of your foot is linked to a specific body part) and results in an overall feeling of wellbeing.

ABYANGAM AYURVEDIC BODY MASSAGE

Duration: 50 min. € 75.00

“Abyangam” means the appliance of different essential oils onto the whole body. Ayurveda sustains that if the body is massaged with oil, it is nourished and becomes healthier.

Benefits of this Ayurvedic massage are:

- It helps to slow down the aging process
- It helps to cope with daily challenges In life and get over tiredness
- It balances your nervous system
- It improves the quality of body tissue
- It helps you to sleep better



EXOTIC MASSAGES FROM AROUND THE WORLD

HOT STONE THERAPY

Duration: 50 min. € 85.00

In a softly lit, harmonious atmosphere, you will feel the smooth and warm basalt stones slide effortlessly over your body. The warmth of the stones combines with that of the therapist's hands providing deep relaxation and a truly unique sense of wellbeing. Hot stone therapy aims to harmonise energies, detoxify tissues and ease muscle tension. Combining the ancient effects of these stones, found on western American riverbeds, to the benefits of sesame oil and hempseed oil, the slow massage acts on the physical, mental and emotive areas.

THAI MASSAGE

Duration: 50 min. € 80.00

This massage originates from a strong spiritual context: In fact, it has been passed down by Thai Buddhist monks. Technically, it associates Chinese pressure points with stretching movements similar to yoga. It is a holistic treatment using expert manipulation allowing it to act deeply, favouring the rebalancing of body, mental and emotional energies.

DEEP TISSUE MASSAGE

Duration: 50 min. € 75.00

A deep massage that focuses on stiff joints and stretches muscles and tendons. This massage is of Thai origin and helps to restore posture and ease heavy, tired muscles.



SHIATSU MASSAGE

Duration: 50 min. € 75.00

Shiatsu is an ancient Japanese art, which restores the correct flow of energy and guarantees physical and mental wellbeing. It consists in perpendicular and constant pressure using the palms of the hand and thumbs and gentle muscle stretching to relieve tension, giving you a more central and balanced posture as well as complete relaxation.



TRADITIONAL COSMETIC TREATMENTS

HAIR REMOVAL:

Full leg and bikini	<i>Duration: 50 min.</i>	€ 50.00	Hand ritual with varnish	<i>Duration: 40 min.</i>	€ 37.00
Half leg	<i>Duration: 25 min.</i>	€ 25.00	Hand ritual with CND™ Shellac semi-permanent varnish	<i>Duration: 50 min.</i>	€ 57.00
Bikini	<i>Duration: 15 min.</i>	€ 15.00	Foot ritual with varnish	<i>Duration: 50 min.</i>	€ 47.00
Underarms	<i>Duration: 5 min.</i>	€ 5.00	Foot ritual with CND™ Shellac semi-permanent varnish	<i>Duration: 75 min.</i>	€ 67.00
Arms	<i>Duration: 25 min.</i>	€ 25.00	Facial cleansing	<i>Duration: 50 min.</i>	€ 77.00
Complete	<i>Duration: 75 min.</i>	€ 75.00			
Upper lip	<i>Duration: 5 min.</i>	€ 10.00			
Eyebrow shaping	<i>Duration: 20 min.</i>	€ 10.00			

OUR EXPERTS' ADVICE

NATUROPATHY

Duration: 50 min. € 90.00

The word naturopathy means “the path, the way, the way of nature” to maintain or restore your state of wellbeing. It favors a holistic approach in its view of the human being using methods based on natural and energetic principles.

PHYTOTHERAPY

Duration: 50 min. € 90.00

Phytotherapy is a therapy that uses plants or plant extracts to cure minor pathologies or to maintain your wellbeing. It is recognised as being an alternative or complementary medicine in most European states.

BACH FLOWERS

Duration: 50 min. € 90.00

Feeling tired, grumpy or uneasy? Bach flowers, based on the “power of flowers”, or rather, on the natural elements contained in flowers, are able to contrast and fight some common emotional disorders with surprisingly effective results. How to find the best Bach flower for you? Everyone has their own Bach flower, the one that corresponds best to their emotional state of mind. Thanks to an interview with a Bach flower expert you will gain awareness of what you want to change about yourself and find the appropriate flower remedy.

CONSULTATION WITH AN IMAGE MAKER

Duration: 50 min. € 90.00

In order to always make a great impression, you need to know which colours suit you best, both physically and emotionally. The method used was discovered in Hollywood and gives you an Insight to the shades of colours, styles, necklines and materials that suit you best with regards to clothes, and the kind of make-up that best complements your facial features.

CONSULTATION WITH A DIETICIAN AND A PERSONALIZED DIET

Duration: 50 min. € 150.00

Advice from our expert dietician to discuss your nutritional history and give you anthropometrical nutritional advice and a personalized diet.

PERSONAL TRAINER

SPORT AND NUTRITION

Duration: 50 min. € 90.00

Sport is not just a way to take care of our physical appearance, but it is also a complete treatment for the whole body.

Physical activity, together with a balanced diet, is an effective way to create a natural psychophysical balance, to obtain a higher level of self-esteem and to avoid everyday disturbances caused by a stressful and frenetic lifestyle.

Personalized activity sessions to follow:

Duration: 50 min. € 65.00





Mei

La scelta più naturale

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★★★★

BELVEDERE

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