



TERME DI **S**STIGLIANO
ANTICHE TERME DI ROMA

THE RITUALS

Exotic Ritual

Scrub with massage

The exotic fragrances will envelop you in a totally natural exfoliation, making your skin regenerated and hydrated

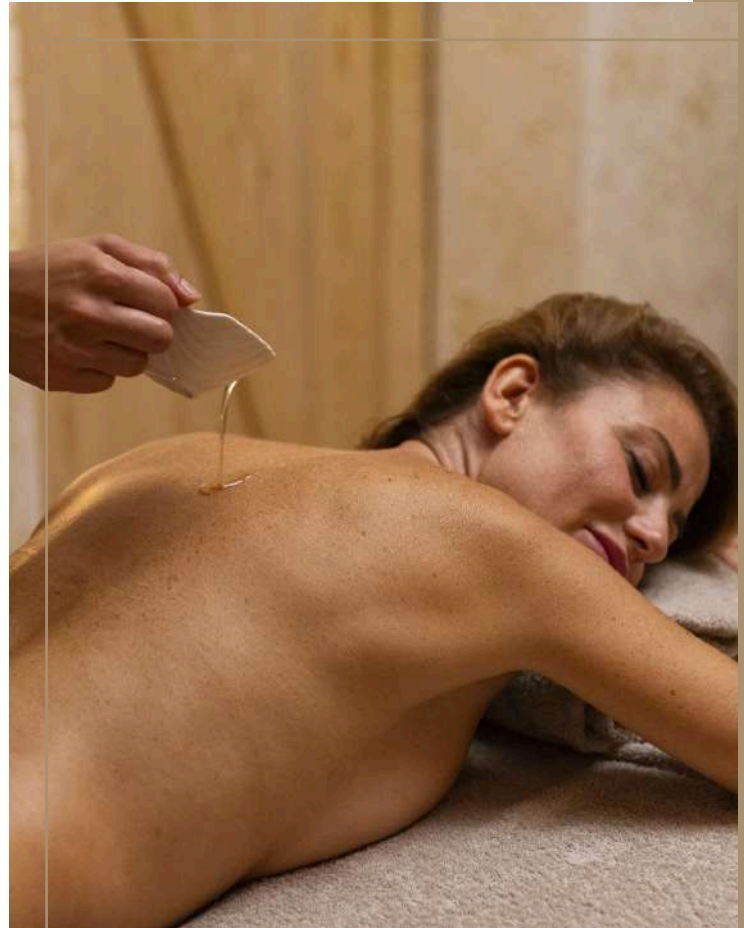
45 minutes - € 58

Mediterranean Ritual

Body scrub with massage, face mask and herbal tea

Ritual focused on the well-being of the body and face for an enveloping and relaxing effect. Exfoliating and moisturizing body treatment combined with a circulatory-relaxing massage performed with an oil with Mediterranean notes and a mask for a radiant and regenerated face.

75 minutes - € 70



Feet or Hands Ritual

Exfoliation, foot bath or hand bath, nail cutting and massage

Pleasant relaxing moments for hands or feet with essential oils of thyme, lemon and mint that guarantee cleansing, antibacterial action for improved circulation

45 minutes - € 50

Couple ritual

Exfoliation, aromatic hydromassage with relaxing massage

The most beautiful declaration of love is to treat yourself to romantic moments to live together in our Private Suite.

Refined atmosphere and sweet fragrances for a double immersion in well-being and complicity.

80 minutes - € 180



BODY TREATMENTS

Stigliano mud total body

This treatment uses Stigliano muds to restore your body with unique features such as: Draining: to reduce cellulite blemishes Detoxifying: soothing for muscle aches and tensions Exfoliating: thanks to the beneficial elements of Stigliano waters, your skin will be exfoliated and moisturised

45 minutes - € 60

Liver compress Stigliano

A pad of thermal mud on the liver area for a strong detoxifying effect.

20 minutes - € 40

Draining treatment

This treatment reduces fluid retention and body adiposity. It also reduces cellulite blemishes by exfoliating, tonifying and slimming your body. Restorative, anti-cellulite and tonifying treatment.

45 minutes - € 65

Body scrub

This treatment removes impurities and dead skin cells. The skin is left smooth and fresh. Designed also for men

20 minutes - € 40



FACIAL TREATMENTS

Hydrating treatment

With its antioxidant and moisturised active ingredients, this treatment leaves the skin fresh and firm.

45 minutes - € 55

Lifting treatment

Anti-ageing treatment, it is also good for those who are experiencing early age wrinkles. It penetrates deeply into your face, neck and décolleté; it prevents the formation of new wrinkles, thus resulting in a firmer and tighter skin.

45 minutes - € 58

Purifying treatment

This treatment is good for combination and oily skins. It reduces pore sizes and it gives you matte skin.

45 minutes - € 55

Stigliano mud

Recommended for combination and impure skins, a water and Stigliano mud treatment with exfoliating, purifying and healing actions

20 minutes - € 40

Cleansing Facial

A deep cleansing treatment that removes impurities and gives a youthful glow. This treatment includes cleansing, scrub to remove dead skin cells, steam and facial masks. A head, shoulders and face massage completes the experience. At the end of the treatment a moisturizer is applied.

45 minutes - € 58

MASSAGES

Relaxation Massage

This massage improves mood, mental and physical balance and provides a pleasant relaxation for body and mind.

45 minutes - € 70

Draining Massage

This treatment reduces the volume of retained fluids and enhances blood circulation.

This is a light pressure massage that works on the lymphatic vessels which are very thin.

It is good even for pregnant women

45 minutes - € 70

Decontractin Massage

This massage loosens muscle tissues, thus relieving stress, muscular tension and improving circulation.

45 minutes - € 80 | Partial Massage 20 minutes € 45



Face Massage

A lymphatic drainage treatment that eliminates interstitial fluids and stimulates the circulation, reducing puffiness, eye bags and dark circles under the eyes.

20 minutes - € 50

Ayurvedic Massage

A soft and relaxing Indian treatment, very effective for body care, physical beauty and spiritual harmony. It restores body balance and provides physical and mental wellbeing.

45 minutes - € 80

Californian Massage

This relaxing treatment is characterized by fluid, slow and gentle movements that wrap your skin with scented oils. It relieves tensions, anxiety and it stimulates a quiet and calm breath as well as a good blood and lymphatic circulation.

45 minutes - € 80

Lomi Lomi Hawaiian massage

One of the deepest and most ancient forms of massage that combines long maneuvers, enveloping and flowing wave movements, warm and scented oils. It embraces your body just like the slow and rhythmic movements of the Ocean waves. It releases tensions, it relaxes tissues and instills a sense of peace, harmony and wellbeing.

45 minutes € 80

Bamboo massagge

Recommended for both women and men, it is a draining and restorative massage. The massage is practiced alternating the use of bamboo canes and manual massage techniques with fluid and wide movements.

45 minutes - € 80

Massaggio personalizzato

A combination of massage techniques designed to suit your needs. You can choose your own treatment right in the cabin with one of our therapists!

45 minutes - € 90

Couple Massage

The couple massage gives new emotions thanks to its relaxing action combined with a touch of complicity.

45 minutes - € 140

Bamboo couple Massage

Recommended for both women and men, it is a draining and restorative massage. The massage is practiced alternating the use of bamboo canes and manual massage techniques with fluid and wide movements.

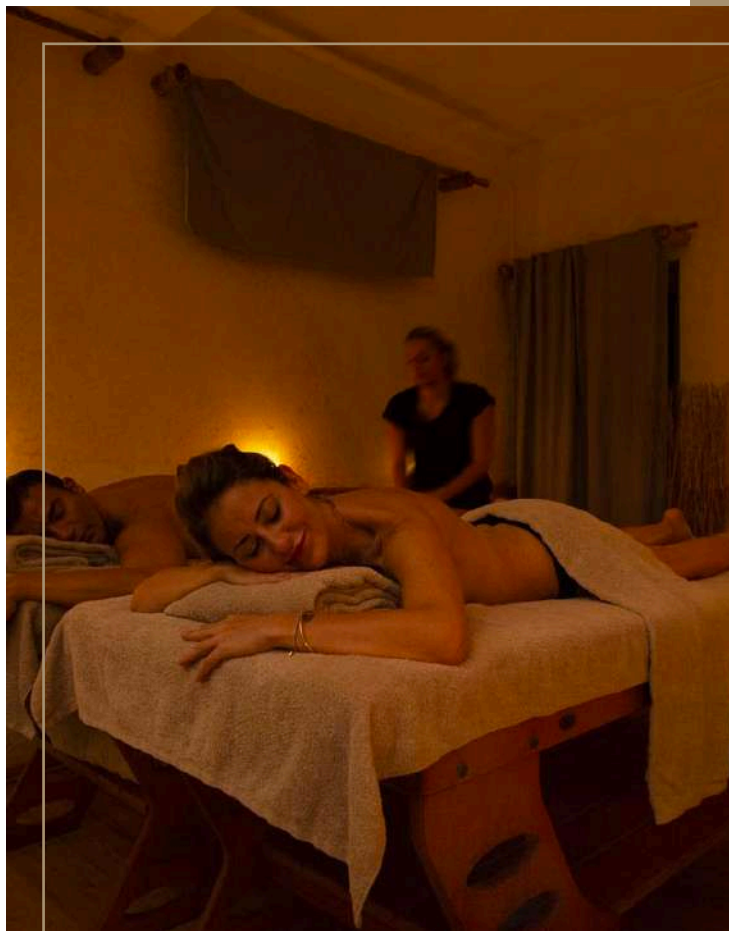
Durata 45' - € 180

Bamboo Wood

A magical place where you can enjoy a restoring massage and let yourself be soothed by the surrounding natural atmosphere. Higly reccomended: a sensational experience! (During the winter season, the Bamboo Wood is unavailable and the couple massage room is used instead)

Single Massage 45 minutes - € 90

Couple Massage 45 minutes - € 180





EPILATION

Complete wax	€ 45
Whole leg	€ 30
Half leg	€ 20
Bikini wax	€ 15
Arms	€ 18
Armpits	€ 10
Top Lip	€ 7
Eyebrows	€ 7



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