

# WELLNESS CENTER

## Hotel Veronesi la Torre

### Beauty & aesthetics

beauty basic treatments

natural waxing with beeswax for normal skin

men's waxing

### Massage

**RELAXING** Soothing and deeply relaxing massage that improves your mood and gives a profound sense of well-being.  
50 min. / € 45,00

**DRAINAGE** Thanks to gentle rhythmic movements and drainage action, this massage activates lymphatic and blood circulation, detoxifies and gives a feeling of lightness. 50 min. / € 45,00

**AROMATIC** Intense and relaxing aromas give the body a profound sense of well-being, with movements that relax and wrap all tissues.  
50 min. / € 47,00

**ANTI-STRESS** A pleasant foot, abdomen and head-neck massage to regain harmony and recover self-balance. 40 min. / € 40,00

**CONNECTIVE TISSUE** Deep massage "unsticking" the tissue to allow the therapist to act directly on muscles, fascia and joints and indirectly on the lymphatic and blood circulation. 45 min. / € 50,00

**HEAD** This slow and deep movement on the scalp gives a sense of lightness and serenity; it also includes relaxing neck and face massage. 20 min. / € 25,00

**FEET** Relaxing massage of the foot sole reactivates blood circulation, reduces tension and induces global relaxation.  
20 min. / € 25,00

**FACIAL** To regain gloss and elasticity of facial features and intense skin hydration together with a skilful combination of lifting techniques.  
20 min. / € 25,00

**PARTIAL** Choice of individual treatment of back or legs.  
25 min. / € 30,00

### Applied kinesiologia

By means of specific Muscle Tests, kinesiologia allows to detect postural, metabolic and energetic imbalances. During a Kinesologic Test, the therapist assesses the ability of the neuro-muscular complex to work properly and one's reaction to chemical, physical, emotional and mental stimuli. This allows to select the most appropriate therapy using natural remedies (phytotherapy, flower therapy, etc.) and the correct diet with food intolerance tests, in order to achieve the optimal health status.

Food intolerance test. 45 min. / €70.

Test and massage. 90 min. / €90.

Please book in advance.

## Treatments from the Far East

**PINDA** From the ancient ayurvedic tradition, this special aromatic treatment is extremely beneficial thanks to its reinvigorating and depurative properties. We use linen bundles filled with natural active principles, precious herbs and fragrant essential oils heated and applied to the body. 55 min. / € 68,00

**OHASHIATSU** Ohashiatsu is a relaxing and invigorating contact method based on oriental healing philosophy. Precise and deep pressure is applied on body parts with hand palms, thumbs and elbows along meridians and acupuncture points in order to relieve pain, tension, tiredness and other symptoms. During this treatment the guest lays on a futon wearing loose and comfortable clothes. No oils or aromas are used.

50 min. / € 70,00. Please book in advance.

**TUINA** Tuina is a very ancient massage method based on the principles of Traditional Chinese Medicine: a tradition that proposes an energetic view of the guest. It aims at harmonizing any imbalances in vital energy, mainly due to a wrong lifestyle. This treatment is extremely effective as preventive treatment, it strengthens the immune system, regulates the activity of the nervous system, and improves blood circulation and joint efficiency.

50 min. / € 70,00. Please book in advance.

## Back treatments

**MUSCLE RELAXING BACK TREATMENT** This treatment carries out an intense purifying action thanks to a local thalasso compress followed by a brief massage. 25 min. / € 45,00

**DEEP BACK CLEANSING** A deep back cleansing is obtained by means of a gentle exfoliating massage, followed by pore cleansing to get rid of impurities. 40 min. / € 40,00

**BACK OXIGEN & DETOX TREATMENT** This treatment has beneficial effect on the posture thanks to a combination of massage techniques, heat and the ancient cupping technique.

45 min. / € 45,00

## Leg treatments

**COLD COMPRESS** The perfect treatment for swollen and tired legs with the application of a revitalizing cold wrapping.

40 min. / € 35,00

**HEAVY LEGS TREATMENT** A quick stimulating gommage with cold compresses and drainage massage to regain lightness.

50 min. / € 60,00

**CELLULEX LEG TREATMENT** Cup massage, indicated to remove

stasis, improve micro-circulation and lymphatic flow.  
45 min. / € 45,00

## Body treatments

**QUICK GOMMAGE** Effective and precious seaweed extracts mixed with sweet almond oil for a pleasant exfoliating treatment. Indicated to prepare the skin to specific treatments and to obtain an even tan.  
20 min. / € 25,00

**HYDRATING BAUME** This gentle body treatment will make your skin remarkably refined and toned. 50 min. / € 55,00

**OCEANIC MASSAGE** Based on high-dosage mineral active principles, this massage ensures deep tissue purification and simulates blood circulation. 50 min. / € 50,00

**SOIN ANTIOXIDANT OCEANIQUE** Full body treatment with a compress rich in vitamins and skin-purifying substances for a visible detoxifying effect. 50 min. / € 60,00

**SOIN SILHOUETTE SCULPTANT TREATMENT** Professional anticellulite programme. This innovative body contouring technique is applied according to different cellulite stages. 50 min. / € 65,00

**MASQUE MODELLANT BODY 4B** Body contouring treatment using thermo-active power. With its stretching and smoothing effect, effective against skin relaxation. 50 min. / € 60,00

**MASQUE MODELLANT BREAST TREATMENT** This contouring and toning treatment specific for the delicate breast area makes tissue turgid and compact. 45 min. / € 40,00

## Men's facial treatments

**CLASSIC FACIAL** Intensive face cleansing with custom day and eye contour treatment. Ensures protection and wellbeing.  
45 min. / € 40,00

**HOMME GALLAND** Nourishing face and eye contour treatment, for smooth skin and dynamic freshness, with relaxing face and head massage. 50 min. / € 60,00

**THALASSO POUR HOMME** Treatment ensuring effective and continuous hydration, tone and vitality. For all skin types.  
45 min. / € 55,00

**CLARTÉ POUR HOMME** Ultra-delicate skin-purifying treatment to regain balance and detoxify the skin. Ideal for oily skin.  
45 min. / € 50,00

## Maria galland facial treatments

**CLASSIC FACIAL** Deep cleansing with basic hydrating and alleviation treatment. The best way to prepare the skin to specific treatments.

45 min. / € 40,00

**SOIN MASQUE MODELLANT** The classic Maria Galland treatment. A deep-acting thermo-active mask makes your skin a revitalized and rejuvenated. 50 min. / € 70,00

**SOIN MASQUE MODELLANT EYES** Revitalizing and refreshing seaweed mask, specific for the delicate area of eye contour. It may be combined with any other type of treatment. 25 min. / € 35,00

**SOIN THALASSO VISAGE** Treatment with energizing mask that gives a pleasant freshness. Extracts of Breton brown seaweed cells free the skin from negative environmental effects and ensure deep hydration. 50 min. / € 65,00

**SOIN CLARTÉ REGULATEUR** Balancing treatment specifically designed for the needs of greasy and oily skin. 50 min. / € 50,00

**SOIN CLARTÉ MODELLANT** Clarté treatment with specific Masque Modellant. 50 min. / € 65,00

**SOIN CLARTÉ EXPRESS - YOUNG SKIN - 10 TO 16 YEARS**  
Specific face cleansing treatment for young girls. 30 min. / € 30,00

**SOIN TENDRESSE REGULATEUR** Regenerating active principles allow the skin to fight irritation. A new balance for sensitive skin. 50 min. / € 50,00

**SOIN TENDRESSE MODELLANT** Tendresse treatment with specific Masque Modellant. 50 min. / € 65,00

## Solarium

**FAST LOW PRESSURE SUNBED** For a gentle and gradual tan, for guests who prefer long term results to immediate results. Low pressure for the body and high pressure for the face, to obtain optimal results and extremely high performance. 8 min. € 8,00 / 10 min. € 10,00 / 12 min. € 12,00

**HIGH PRESSURE SUNBED** Fast and effective thanks to the large reflecting surface and the combination of different lamps, for guests who want to obtain a beautiful tan from the very first sessions. 8 min. € 10,00 / 10 min. € 12,00 / 12 min. € 14,00  
Custom solarium packages on request - 5 or 10 sessions

## Spa

### INDOOR POOL

Our salt water pool, with whirlpool corner, colour therapy and 29°C water temperature offers you maximum comfort and relaxation (swimming cap required).

### LA SAUNA

The classic Finnish sauna, with wooden benches, low air humidity and a hourglass to keep time always under control.

### COLOUR THERAPEUTIC STEAM BATH

In an all marble bathroom, at a temperature of 45°C, hot steam wraps the body while the colour of the entire room changes slowly.

### **AROMATIC SHOWER**

Tropical scents accompanied by a warm shower, and cold waters with mint essence to refresh the body after the heat of saunas.

### **ICE FOUNTAIN & POURING SHOWER**

After a sauna session, for a burst of beneficial energy throughout your body. The effect on your skin facilitates and stimulates blood circulation, tones up and revitalizes.

### **RELAX & MUSIC AREA**

Lying pleasantly on comfortable beds, lulled by a sweet background music, you can rest, dream or meditate.

### **HERBAL TEA CORNER**

Delicious herbal teas and refreshing beverages are waiting for you.

### **SAUNA AND POOL AREA ADMISSION**

If you are a guest of our hotel, admission is free.

Daily € 18.00 or € 25.00 with bathrobe, towel and slippers.

Custom Pool and/or Spa Area packages on request x 5 or 10 sessions.

## **Pilates system**

The Pilates fitness system is a discipline that, by means of specific exercises, regards the person as a psycho-physical entity that actively participates with both body and mind. Pilates lessons aim at harmonically strengthening the muscles, improving one's posture, and maintaining or regaining muscle flexibility.

### **PILATES LESSONS**

All lessons last 1 hour

Private lesson - 1 pax with 1 trainer

Couple lesson - 2 pax with 1 trainer

Tower lesson – group lesson with max 5 pax

Mat lesson - group lesson with max 10 pax

### **PILATES LESSON PACKAGES**

Individual lesson € 54,00 / 10 individual lessons € 420,00

Couple lesson € 42,00 x 1 pax / 10 couple lessons € 300,00

Tower lesson € 24,00 / 10 Tower lessons € 180,00

10 Mat lessons € 100,00

### **Principles of the Pilates system**

**CONCENTRATION** Concentration is important in order to perform the required exercises correctly; it is therefore necessary to pay attention to every movement, as all parts of the body are important and nothing can be neglected or ignored. The concentration required during the performance of Pilates exercises does not involve only the movement itself, but the whole body. It is important to be aware of one's posture during the exercise.

**CONTROL** Through concentration, the practitioners must reach a complete control of every movement. Nothing is at random in the Pilates system. It is therefore necessary not only to keep under control the movement of the joint involved in the current exercise, but at the same time the position of head, neck, upper limbs, fingers,

shoulders, back, pelvis, lower limbs, feet and toes. Movement without control may cause injuries. The Pilates technique teaches how to gain complete control of one's body instead of being at its service.

**POWERHOUSE** The "powerhouse" (barycentre) is also understood as the stabilization of the pelvis by means of a synergic work of the abdominal area and the lumbar area. An appropriate development of the powerhouse means lower energy consumption, lower incidence of injuries and less postural, lumbar and dorsal pain.

**FLUIDITY** During Pilates exercises, movements should never be rigid and contracted. Movements should not be too quick or too slow either, but harmony, grace and fluidity together with control of the movement itself must be performed. According to J.H. Pilates, movement fluidity results from the strength of one's powerhouse.

**PRECISION** Precision is another fundamental element resulting from control. Lack of control during the performance of an exercise according to the Pilates system inevitably causes it to be interpreted and performed incorrectly. The precision of movement produces a balance of the tone of different muscle areas causing gracefulness and movement efficiency in everyday's life.

**BREATHING** Breathing is listed last because it has to be one of the first principles to be remembered. Fluid and complete inspiration and expiration are part of every Pilates exercise. Breathing must be properly coordinated with movements. This is why the Pilates System is accompanied by instructions on correct breathing.

## Fitness room

Technogym, "THE WELLNESS COMPANY", always distinguished for its innovative and effective products for cardiovascular training and muscle activation and global involvement.

A wellness designed place thanks to state-of-the-art products and technologies.

Every cardio equipment allows to train according to one's rhythm and/or following a touch screen lcd tv.

If you are not a guest of our hotel, you will need to subscribe to the Fitness Room and Pilates Area.

Monthly, quarterly, half-yearly and yearly subscriptions are available on request.

The Management reserves the right to cancel courses with less than 3 participants.

Lessons with a Personal Trainer (1 h) should be booked in advance.

Health certificate

Upon subscription, participants are required to bring a medical certificate confirming that they can carry out non competitive sport activities.

## Courses

### MERIDIAN STRETCHING

Meridian stretching is a training technique based on eastern philosophy. It can be easily performed by anyone thanks to simple daily training.

It involves a series of exercises originated by ancient traditions (yoga, Qi Gong), and it is an optimal technique to strengthen one's muscles and regain postural balance.

It enhances the awareness of one's movement and relaxation abilities allowing participants to obtain Chinese medicine knowledge. During a lesson, you will be taught self-massage techniques (DOIN) by recognizing the path and meaning of energetic meridians. Group lessons with at least 6 pax - max. 10 pax € 15.00 p.p.

## Spa etiquette

**BOOKING** Our Wellness Centre is reserved to a limited number of guests, booking is appreciated and ensures that you have precedence on other guests.

**CANCELLING** If you need to cancel a treatment, please inform us at least 5 hours in advance.

**CELL PHONES** The use of cell phones is not allowed in the Wellness Centre.

**RESPONSIBILITY** Please inform our staff of your health status, if you are pregnant or if you need to take medications. You use the Fitness Room and Spa Area at your own risk.

**CHILDREN** Children up to 14 years are not allowed in the Spa Area.

**HYGIENE** A careful personal hygiene is always appreciated and recommended before any kind of treatment.

**JEWELS&CO** In the changing rooms you will find lockers for your valuables. The staff is not responsible for the loss of money or valuables.

## Cosmetic medicine

### At Prestige Day Clinic Science of Aesthetics

HYALURONIC ACID INJECTIONS  
INJECTION OF FILLER  
BOTOX  
BOTOX + INJECTION OF FILLERS  
BOTOX + ANTI-AGING TREATMENT  
ANTI-AGING TREATMENT + INJECTION OF FILLERS  
SCRUB

ALL THE VERONESI LA TORRE HOTEL GUESTS AND THE CLIENTS OF OUR WELLNESS CENTRE WILL HAVE THE OPPORTUNITY OF UNDERGOING FOLLOWING BEAUTY TREATMENTS AT THE PRESTIGE CLINIC, SITUATED NEARBY OUR HOTEL, AND BENEFIT FROM A SPECIAL 12% OFF THE OFFICIAL PRICE. A SPECIAL 15% DISCOUNT IS APPLIED ON COSMETIC SURGERY TREATMENTS FOR THE VERONESI LA TORRE HOTEL GUESTS AND FOR THE CLIENTS OF OUR WELLNESS CENTRE. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT OUR BEAUTY CENTRE AT [BEAUTY@HOTELVERONESILATORRE.IT](mailto:BEAUTY@HOTELVERONESILATORRE.IT) OR CALL 0039 0458604814, OUR STAFF WILL BE PLEASED TO PROVIDE YOU WITH THE INFORMATION YOU NEED.

## OPENING HOURS

**PILATES – Fitness room Tecnogym**  
every day from 8 am to 11 pm  
(From 6 am on request)

**BEAUTY AREA -SPA AREA**

The Spa / Beauty area is accessible monday to friday from 12.00 am to 9.00 pm and saturday to sunday from 9.00 am to 9.00 pm.

The sauna is accessible is accessible monday to friday from 5.00 pm to 9.00 pm.saturday to sunday from 3.00 pm to 9.00 pm.

Tel: 045/8604814

For information and booking [beauty@hotelveronesiatorre.it](mailto:beauty@hotelveronesiatorre.it)