



# SPA *menù*





## TRATTAMENTI TERMALI

Thermal waters where you dive in 'Cinthia Terme ans Spa' pools are recommended for their sanatory and preventive actions balancing body and mind. Thermal water in Ischia is alkaline and is made of sulfur, iodine, chlorine, iron, calcium elements and microelement of other active substances: a perfect mix that ensure relax and well-being.

### Medical Visit

*(necessary for mud therapy, ozone bath private inhalation treatments)*

**36,00**

### Mud Therapy and Ozone bath

**32,00**

### Mud Therapy and Thermal Shower

**23,00**

### Thermal Bath

**13,50**

### Ozonated thermal bath in private tub

**18,00**

### Ozone Supplement

**8,00**

### Aerosol

**12,00**

### Inhalation/ Nasal Showers

**12,00**

### Total Thermal Massage

**29,00**

### Towel rental per the full stay

**10,00**

### Towel rental per day

**3,00**

### Bathrobe rental per the full stay

**15,00**

### Bathrobe rental per day

**3,50**

### Bathrobe change

**2,00**

### Flip Flops

**5,00**

### Nozzle for Aerosol/inhalation

**1,00**

# MASSAGES

## Ayurvedic Massage

*It was born in India 5000 years ago to restore the balance between body and mind. This is achieved through the stimulation of energetic centers that we have in our body: chakra*

**70,00**



## Massaggio Amet (in me)

*This Massage is made of different techniques and massage traditions. It is tailor-made for every single Guest depending on their demands*

**70,00**



## Connettivale Massage

*The connective tissue connect, feed and protect all the parts of our body. With stimulations and tractions new nervous reflexes are generated and health improves*

**60,00**



## Shiatzu /Thai Massage

*Shiatsu means literally 'pressure' made with fingers, hands, elbows and knees on specific points on the body to balance energy along the meridians. It is made on the Futon mat*

**80,00**



## Cynthia Essence Massage

*It is made with essential oils with the goal to relax tensions and to give the perfect balance between the inside and outside. We will create a unique atmosphere to trust of your instinct and your sense of smell*

**60,00**



## Antistress Massage

*It acts at neuromuscular level communicating psychophysical relaxation to the whole body. It combines together body, mind and emotions*

**60,00**



## Cuddles and Sweetness Massage

*This is the perfect mix between a relax massage with slow movements and chocolate essential oil that releases endorphins and increases antistress power. A real cuddle*

**60,00**



## Hot Stone Massage

*A This massage act on different problems through the synergy of manual skills and hot stones: it reactivates the energy channels, increases circulation, purifies and relaxes*

**70,00**



## Bamboo Massage

*It is made with the movements of a wood bamboo cane, it stimulates the subcutaneous tissue in a deep way to eliminate toxins and metabolic waste, it reactivates the circulation and the presence of oxygen*

**70,00**

### **Decontracting Massage Neck/ Back**

*Massage conceived for purposes that can be defined as therapeutic. It consists of manipulations to dissolve contracture and relieve muscle tension*

**50,00**



### **Anti-fatigue Foot Massage**

*Its purpose is to relax and relax the feet; this treatment proves to be a real panacea for regaining well-being and vitality of body and mind*

**50,00**



### **Expectant Mothers Massage**

*Dedicated to pregnant women but not only, it affects the lower limbs of the body with the increase in levels of serotonin and dopamine, hormones for feeling good*

**50,00**



### **Total Body Lymphatic Drainage**

*It is a delicate massage made of rhythmic movements and soft and constant touches. It consent to activate the right lymph drainage and remove stagnations and swellings*

**70,00**



### **Partial Lymphatic Drainage**

*It is a delicate massage made of rhythmic movements and soft and constant touches. It consent to activate the right lymph drainage and remove stagnations and swellings on the lower part of the body*

**55,00**



### **Anti-cellulite Massage**

*The main goal is to stimulate blood and lymphatic circulation which, by activating, frees the tissues from stagnant liquids and activates cell regeneration*

**55,00**



# BODY TREATMENTS

## Body Peeling

*We suggest to have a peeling before any treatment or massage to increase its benefits. Peeling smoothes the skin and eliminates the thickening of the epidermis*

**32,00**



## TechniSPA Total Body

*This treatment combines 3 simultaneous slimming actions for visible and multiplied anti-cellulite efficacy: Double Dermo Lipo-Aspiration, ionization, Muscle Stimulation*

**80,00**



## TechniSPA localized

**65,00**



## TechniSPA Light Legs

*In less than one hour, you will be free from the heavy legs feeling and you will discover the comfort and well-being of lighter and thinner legs*

**60,00**



## TechniSPA Remise en Forme Total Body

*A real passive gymnastics session. The muscle stimulation action increases muscle tone, improves endurance, helps the cardiovascular system and reshapes the silhouette*

**80,00**



## TechniSPA Remise en Forme localized

**65,00**



## Slim Logic

*A Treatment with double manual actions: Anti-fat with manual techniques and caffeine and Anti-water "Sauna effect" wrap and draining active ingredients*

**70,00**



## Mirific e relax exfoliant

*It restores skin softness and vitality, dissolves nervous and muscular tensions, deeply relaxes mind and body*

**70,00**



### **Frigotherapy**

*Anti-fatigue, decongestant, draining treatment for legs. The bandages are immersed in a cooling solution composed of plant extracts such as menthol and eucalyptus and then we proceed to the bandaging phase*

**40,00**



### **Treatment Scrubbing RHEA**

*It is recommended before starting a treatment or massage: exfoliates, smoothes, stimulates and renews the skin. Not only a peeling but a renovator treatment*

**35,00**



### **Treatment Liposalt RHEA**

*this treatment reshapes the body, stimulates the elimination of fats by detoxifying the skin with the help of salt*

**80,00**



### **Treatment Thermic Mud RHEA**

*Black thermal mud stimulates the skin supporting fibers to give turgor and elasticity to it which will be compact and drained*

**80,00**



### **Treatment Phytowrap RHEA**

*Algae activates the drainage and eliminates the fluids excess for a lightness and freshness by remineralizing the skin tone*

**80,00**



### **Treatment Algimask RHEA**

*Localized treatment on the hips, buttocks and thighs with a Guarana mask that tones, reshapes and reduces legs fat*

**80,00**



## FACIAL TREATMENTS

### **Treatment Hydradermie Visage G. (Deep face cleaning)**

*Facial treatment that radiates brightness and relax to face features. The active treating ingredients penetrate inside the skin layers thanks to the exclusive "Double Ionization" method. The effects are visible already at the end of the first treatment and will last for long time*

**75,00**



### **Treatment Hydradermie Visage Soleil G.**

*It stimulates cellular energy, for extraordinarily rejuvenated and embellished skin and prepares the skin for sun exposure*

**80,00**



### **Treatment Hydradermie Lift G.**

*From the first treatment, you will notice that the facial features are lifted, that the skin has regained tone and that the superficial wrinkles are attenuated. This treatment acts as a real "body building" for the face*

**85,00**



### **Treatment Hydra Peeling G.**

*It is an enzymatic exfoliation, a true alternative to aesthetic medicine: it erases the visible signs of aging, gives radiance to the skin, lightens dark spots, illuminates*

**90,00**



### **Treatment Age Summum G.**

*Treatment that renews skin, reactivates the natural cell regeneration, tightens the tissues of the face and restores the brightness of a young skin thanks to the illuminating anti-aging mask*

**90,00**



### **Treatment Eye Logic G.**

*Specific treatment dedicated to the eyes beauty of. Specially developed for these fragile areas, it acts on dark circles and bags, lower and upper eyelids, orbicular wrinkles and lion's wrinkle. The eyes will appear younger and relaxed*

**55,00**



### **Treatment RHEA Ossigenante**

*It deeply oxygenates the skin thanks to a renewed cellular respiration that counteracts the damage of oxidation from environmental stress*

**70,00**



### **Treatment RHEA Purificante**

*It is also indicated for the youngest skin, it balances the production of sebum. Prevents the appearance of skin impurities and surface shine*

**70,00**



### **Treatment RHEA Anti Age**

*It restores vital skin functions and stimulates skin regeneration, smoothes wrinkles and plumps skin furrows*

**76,00**



### **Treatment Vegano RHEA Sense**

*It calms skin sensitization processes. Creates a buffering effect that reduces redness and hypersensitivity. Ideal for reactive, allergic skin with sensitivity induced by secondary causes such as medicine or inflammatory skin conditions*

**76,00**



### **Treatment RHEA Occhi**

*Specific eye treatment, it activates the periocular microcirculation for optimal drainage and oxygenation of the skin in this area, smoothes and revitalizes wrinkles, plumping them from the inside*



### **Ischia Face Mask**

**29,00**



### **Face Lymphatic Drainage**

**35,00**



### **Face and Head Relaxing Massage**

**30,00**



# ESTETICA CLASSICA

## Complete Waxing

*(legs+groin)*

**45,00**



## Half Leg Waxing

*(calf)*

**20,00**



## Armpits waxing

**12,00**



## Arms waxing

**20,00**



## Groin waxing

**15,00**



## Bikini waxing

**25,00**



## Mustache / Sprinkles

**5,00**

## Manicure

**20,00**



## Manicure with Semi-permanent polish

**45,00**



## Nail polish change

**8,00**



## Semi-permanent polish removal

**15,00**



## Aesthetic Pedicure

**25,00**



## Pedicure Spa

*(curative+treatment)*

**45,00**



## Pedicure with Semi-permanent polish

**55,00**



## Eyelash Lamination

**50,00**



## Eyebrows Dye

**15,00**



### **CREATE YOUR OWN WELLNESS**

A unique opportunity to treat yourself and give well-being by choosing the treatments that you like the most ... with a final gift!



### **CUDDLES AND SWEETNESS PACKAGE**

Foot anti-fatigue massage  
Personalized face mask  
Face, head, hair massage

**100,00**



### **DETOX PACKAGE**

Body Peeling  
Facial Treatment Hydradermie  
Detox Body Treatment

**150,00**



*Hermitage.*  
RESORT & THERMAL SPA ★★★★★

*trattamenti in collaborazione con*

