



SAMSĀRA
CENTRO RELAX WELLNESS BEAUTY



Samsara

RELAXATION, WELLNESS AND BEAUTY CENTRE

Dear Guest, the Hotel Terme Abano Verdi has been enhanced again with the new Samsara, where the harmony of wood tones and the call to Nature enhance the link between the Euganean Hills and Wellness. The “Earth” and “Wood” elements, which you will find inside the Samsara Centre, will give the unique experience of treating yourself surrounded by nature.

If you want to experience a charming and relaxing atmosphere, come and discover the new “Samsara” Relaxation, Wellness and Beauty Centre where your wish for health and relaxation will come true, thanks to the professionalism of our staff and the wide selection of treatments and innovative massages designed for the special needs of each guest.



At the Hotel Terme Abano Verdi we do what we believe in:

COURTESY AND KINDNESS

We want to give you our smile as a precious gesture and a memory to recall when you think of your holiday with us.

HYGIENE AND SAFETY

Our Spa Centre only uses the following:

- Disposable or disinfected equipment, preserved under germicidal lamps.
- High quality sheets and towels, washed at high temperature.
- Carefully selected cosmetic products.

PROFESSIONALISM

Our treatments are carried out by **specialized personnel** who constantly attend updated training courses.

DIRECTIONS AND ATMOSPHERE

Our treatments are carried out by specialized personnel in a relaxing environment with meditative music. Our Spa Centre is a place for relaxation and quietness, so please do not bring your mobile phone with you.

CUSTOMIZATION

Please tell our therapist your needs and the specific areas that need more attention.

If you suffer from particular illnesses or, if you are not sure if the massage will be beneficial for you, ask for the doctor's advice. Please **inform us if you suffer from allergies, illnesses or if you are pregnant.**

RESERVATIONS

Reservations can be made at the Samsara Spa Centre or at the hotel reception upon arrival. Before the massage, we recommend that you immerse yourself in warm water or have a warm shower to prepare your skin to receive the benefits of the treatment. Please wear a bathrobe or a tracksuit and a swimsuit and slippers. Please come 5 minutes before the arranged time. We apologize for any delays.

CANCELLATION

If not cancelled at least 24 hours in advance, treatments and massages will be charged in full.







DAYS AND HOURS

The appointments for **massages and spa treatments** are made at the Samsara Desk and at the hotel reception.





The Hairdresser's and beauty treatments are provided on the mezzanine floor:
open from Monday to Saturday from **8:00 am to 12:30 pm, Friday and Saturday** also open in the afternoon by reservation.

Please arrange your appointment at the Samsara Centre or at the Hotel reception.

WELLNESS & RELAXATION TREATMENTS

Exotic experiences	21	
Relaxation experiences	22	
Natural treatments.....	24	
Specific treatments.....	25	

BEAUTY TREATMENTS

Perfect Body	29	
Perfect Face	30	
Perfect Hands and Feet	32	
Perfect hair	33	

Wellness & Relaxation Treatments

Every well-being and relaxation wish of yours will come true.



Exotic Experiences

Enjoy a holistic experience, thanks to our treatments based on relaxing movements and warm natural oils.

These treatments are ideal for regenerating the body and improving the elasticity of the muscles, joints and skin.



LOMI LOMI50 min | € 65,00

Indulge in Hawaiian rhythms and movements

Relaxing sensations caused by gentle and long movements of the hands and forearms.

AYURVEDA50 min | € 60,00

Discover ancient Indian traditions

The whole body, face and skull are massaged with toning movements of the hands and forearms.

BERBER MASSAGE WITH ARGAN OIL50 min | € 70,00

Travelling across North African traditions

Sweet and relaxing movements on the whole body with precious Argan oil, which has been a beauty elixir of the Berber population for thousands of years.

HIMALAYAN PINK SALT MASSAGE50 min | € 65,00

A precious Asiatic secret

It detoxifies and mineralizes the skin, using precious crystal salt, extracted in the heights of the Himalayas and formed over 250 million years ago, combined with honey that nourishes deeply.

BERBER RITUAL1h 20 min | € 98,00

A traditional ritual of purification

the Berber women's beauty secret includes a soft scrubbing with Kessa Glove and savon noir, a special soap made of black olives, and Argan oil, followed by a long massage.

HOT STONES50 min | € 65,00

An immersion in the heat whose origins are lost in time

The heat released by stones and warm oils remove tension and give pleasant sensations to the whole body.

CALIFORNIAN – ANTI-STRESS MASSAGE50 min | € 60,00

Relaxation by an American technique

Massage characterized by gentle movements, pressure on the muscles and gentle stretching.

Relaxation Experiences

Aromatherapy and relaxation massage are combined in these wellness protocols.

The treatments are characterized by the use of special products, based on naturopathy principles and long and relaxing manual movements.



AROMATIC AND RELAXING50 min | **€ 60,00**

Ancient origins in the Far East

A mixture of aromatic essential oils, gently warmed and selected according to your needs, several beneficial properties will give you a feeling of total relaxation.

NOURISHING SHEA BUTTER MASSAGE50 min | **€ 67,00**

A natural wealth of African natives

Shea butter has special soothing, moisturizing and protective properties and helps prevent stretch marks and wrinkles. It leaves a sweet scent on the skin.

RELAXING MASSAGE50 min | **€ 52,00**

Relaxing and Wellness treatment

Soft and relaxing movements promote a sensation of general relaxation.

HONEY TREATMENT50 min | **€ 62,00**

Honey prevents the skin from aging

and makes the massage nourishing and soothing; it is ideal for dry skin.



SWEET LOVELY CHOCOLATE TREATMENT1 h 20 min | **€ 98,00**

3 treatments in 1

Treat yourself to a complete regenerating package... a precious ally against cellulite. It includes a body scrub, body mask, a chocolate massage and a little pleasant reward at the end!

CHOCOLATE MASSAGE50 min | **€ 62,00**

Stimulating with anti-cellulite properties

The chocolate flavoured oil stimulates the endorphins, the “good mood” hormones, and it is excellent against cellulite.

ROSE OIL MASSAGE50 min | **€ 62,00**

Precious anti-ageing treatment

Rose Oil, a high-quality anti-ageing natural product used by Thai populations, is rich in unsaturated fatty acids, which are important for cell regeneration. It has anti-ageing, regenerating and refreshing properties. It leaves a pleasant rose scent on the skin.

“NOVA VIDA” TREATMENT50 min | **€ 66,00**

“NOVA VIDA” TREATMENT1h 20 min | **€ 90,00**

Prepare your body for a rebirth with this treatment

It consists of a peeling performed with circular movements; after a few minutes of rest, there is a quick shower followed by a relaxing massage with warm oil. This treatment promotes skin exfoliation and tissue regeneration and facilitates the absorption of the active principles of the beauty products and thermal mud.



*To feel New and Renewed,
you have to see yourself differently.
Only expert hands will be able
to give you Beauty and Well-being.*

Natural treatments

These treatments derive from Eastern medicine and are characterized by specific pressures that balance the energy flow in the body.

They are alternative forms of therapy with no side effects. The treatment should be repeated every two days to get the greatest results.



SHIATSU50 min | € 62,00

Japanese tradition

helps us rediscover the wellbeing of the body. While lying on a futon, the therapist presses and stretches the areas along the Ying and Yang meridians to rebalance the energy flow. In 1964, a Japanese law recognized Shiatsu as a type of self-made care.

FOOT REFLEXOLOGY50 min | € 55,00

The ancient principles of Chinese medicine are applied to this technique

that treats points on the feet to stimulate the functionality of the corresponding systems, organs and glands of body. Thus, the unbalanced parts are stimulated at a distance.

THAI ON THE GROUND50 min | € 62,00

Get back your balance

This technique originated long ago in Asian regions: the person is laid on the ground and as compression, acupressure and stretching movements are carried out by the therapist along some specific points that rebalance the energy flow and have an effect on the venous - lymphatic systems. It is a branch of Thai traditional medicine.



Specific treatments

The following massages are based on the Western tradition.

and are very effective at solving different health problems. They differ from one another for intensity, treated area and technique.



ANTI-CELLULITE MASSAGE 50 min | € 60,00

It is a strong and intense massage

that focuses on the thighs, abdomen and hips. A special cream is used to stimulate blood circulation and the metabolism.

SLIMMING TREATMENT FOR THE HIPS AND ABDOMEN 50 min | € 75,00

This is a specific treatment

including a compress with cold gel and an anti-cellulite massage against water retention on the hips, gluteus and abdomen.

DECONTRACTING AND THERAPEUTIC MASSAGE 25 min | € 27,00

DECONTRACTING AND THERAPEUTIC MASSAGE 50 min | € 52,00

DECONTRACTING MASSAGE FOR BACK AND NECK 25 min | € 27,00

This massage is particularly useful to release muscle contractures

and improve blood and lymphatic circulation. It is performed in accordance to the person's needs. Usually combined with mud therapy or bath therapy.

SPORTS MASSAGE 50 min | € 60,00

This energetic and intense massage aims at relieving muscle tension

and muscle toning. Recommended for men or those who like very strong massages.

ANTI-STRESS MASSAGE 50 min | € 57,00

Complete body massage

carried out with pumping movements to set the person free from stress and fatigue.

CUSTOMIZED BIODYNAMIC MASSAGE 50 min | € 60,00

This massage is used to stretch the muscles and joints

It's a synergy of massages performed in accordance to the specific needs of the person.

FIRMING AND TONING MASSAGE 50 min | € 57,00

This massage is specifically designed to revitalize and tone the tissues as well as to restore the natural elasticity of the skin.

Specific treatments



DRAINING MASSAGE FOR LEGS AND ABDOMEN 25 min | € 31,00

DRAINING MASSAGE 50 min | € 60,00

This massage is carried out with a special oil

that fights water retention and promotes the venous-lymphatic drainage. Also recommended in combination with the lymph drainage treatment.

LYMPH DRAINING MASSAGE 50 min | € 64,00

This treatment is used to fight water retention

excess fluids and toxins. It acts on the lymphatic system and uses pressure and pumping movements. Please ask for the doctor's advice.

LYMPH DRAINAGE TREATMENT WITH COLD GEL BANDAGE 50 min | € 75,00

The lymphatic drainage is carried out by applying a cold stimulating gel

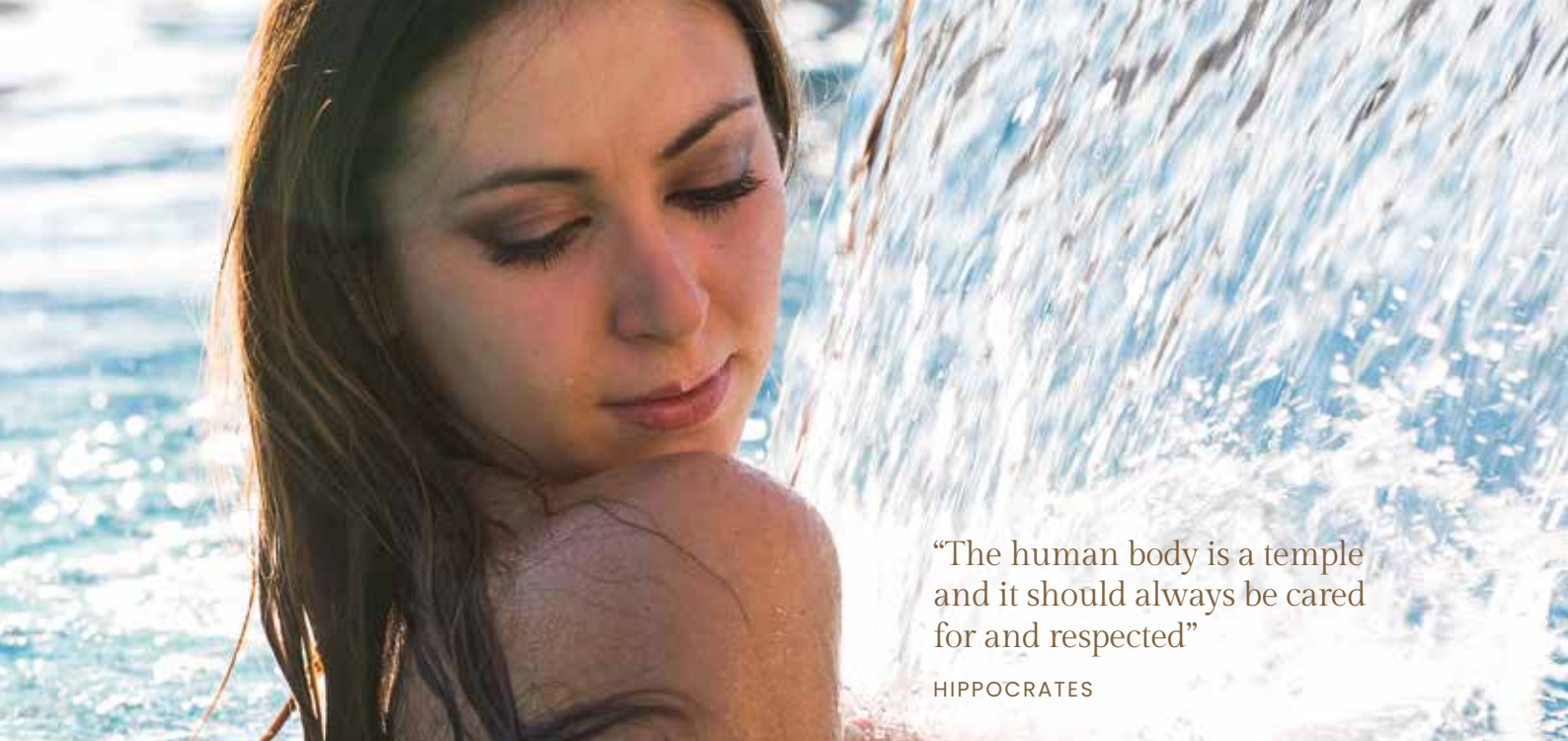
on the legs and wrapping them with a specific bandage. Recommended to relieve the feeling of fatigue, heaviness and swelling in the feet, ankles and legs. Medical advice is recommended.

OCEAN BODY SLIMMING ANTICELLULITE TREATMENT *NEW* 50 min | € 77,00

A specific massage combined with a sea mud wrap with an intense slimming action

enhanced by the black pepper extract that deeply conveys the active ingredients to eliminate metabolic waste, water and fat accumulations.

Immediately at the end of the treatment, the legs look slimmer and the skin is smooth and purified. Excellent as an alternative to the lymph drainage treatment with cold gel bandage.



“The human body is a temple
and it should always be cared
for and respected”

HIPPOCRATES



Beauty Treatments

Improve your appearance through face and body treatments that give freshness and harmony, suitable for HER and for HIM.



Perfect Body



BODY PEELING 25 min | € 39,00

Revitalize and prepare the skin for the following treatments

Peeling favours cell regeneration and allows a better oxygenation of the skin. It helps the absorption of beauty products, the active ingredients of thermal mud and prepares the skin for sunbathing. The treatment consists of 3 steps:

1. a massage with rotation movements on the whole body with a scrubbing cream containing salt and soothing wax;
2. the body is wrapped with a special paper sheet to favour the absorption of the cream;
3. after a few minutes, a quick shower is taken.

CLEANSING TREATMENT FOR THE BACK 30 min | € 50,00

Relaxing and effective cleansing treatment

carried out with cleansing milk, steam, scrub and cream application. Very suitable for men.

TANNING SHOWER € 15,00

We recommend that you apply some sunscreen

TANNING SHOWER OFFER - 3 SESSIONS..... € 40,00

WAX EPILATION

You will always feel smooth and silky after a sweet honey waxing

In addition to standard waxing, we also use the roll-on technique, which is convenient and fast!

MOUSTACHE € 10,00

LEGS..... € 20,00

LEGS AND THIGHS € 30,00

ARM € 15,00

ARMPITS € 10,00

BIKINI AREA..... € 20,00

Perfect Face



COMPLETE AND CUSTOMIZED FACE TREATMENT 50 min | **€ 55,00**

A complete and intensive treatment

able to restore the perfect hydration: deep cleansing of the face, neck and cleavage, a relaxing massage with cream for draining and stimulating the blood microcirculation and finally the application of a specific mask.

SPECIAL FACIAL TREATMENTS

Performed after a deep cleansing:

MASSAGE + SPECIFIC MASK 40 min | **€ 45,00**

MASK WITH ALGINATE FOR REVITALIZING EFFECTS 20 min | **€ 35,00**

MASSAGE + MASK WITH ALGINATE FOR REVITALIZING EFFECTS 40 min | **€ 50,00**

SINUSITIS MUD 25 min | **€ 28,00**

The anti-inflammatory action of mud against sinusitis, colds and headaches. Application of mud on the forehead, 15/20 min application with light manual pressure to clear the sinuses.

INTENSIVE ANTI-AGE FACIAL TREATMENT "ROYAL" 60 min | **€ 75,00**

A new-generation intensive anti-ageing beauty treatment that tones and plumps.

Gives support to the neck, eyelids and face, smoothing out wrinkles with a lifting effect.



INTENSIVE EYE CONTOUR TREATMENT30 min | **€ 45,00**

For a radiant look

with moisturizing serum, a soothing mask and anti-wrinkle lifting cream.

COMPLETE FACIAL TREATMENT1h 20 min | **€ 90,00**

Complete facial customized treatment with intensive eye contour treatment

MANUAL LYMPH DRAINAGE FACE MASSAGE30 min | **€ 36,00**

This facial massage stimulates circulation

and helps reduce puffiness and dark circles. The treatment is suitable for everyone because it does not use any product.

TRATTAMENTO VISO "FLORA"50 min | **€ 75,00**

Balancing and soothing;

through massage with ozonated oil and crystals, which will make your skin glow.

RESHAPING AND/OR EYEBROW COLOURING..... **€ 15,00 / € 20,00**

Make your eyes stand out!



INTENSIVE ANTI-AGING FACIAL TREATMENT

WITH VEGETAL STEM CELLS60 min | **€ 80,00**

The treatment includes a gentle scrubbing and cleansing

a stimulating massage, a regenerating mask and a massage to smoothen the skin and relax the face. We recommend that you maintain the effects by using the product in the morning and in the evening. If you want to continue the treatment at home and increase the results, ask the beautician on how you can purchase these products.

Perfect Hands and Feet



BASIC TREATMENTS FOR THE HANDS

Feel energetic and good

Treatment of nails, cuticles, imperfections, relaxing massage and lacquer.

MANICURE	€ 25,00
FRENCH MANICURE NAILS.....	€ 10,00
LACQUER APPLICATION	€ 8,00

PARAFFIN HAND TREATMENT

For a soft and velvety appearance

A feeling of immediate wellbeing, thanks to the paraffin treatment.

PARAFFIN HAND TREATMENT.....	€ 25,00
------------------------------	---------

BASIC TREATMENTS FOR THE FEET

Feel energetic and good

Treatment of nails, cuticles, imperfections, relaxing massage and lacquer.

COMPLETE PEDICURE	€ 42,00
FRENCH PEDICURE TOENAILS.....	€ 10,00
LACQUER APPLICATION.....	€ 8,00

PARAFFIN FOOT TREATMENT

For a soft and velvety appearance

A feeling of immediate wellbeing, thanks to the paraffin treatment.

PARAFFIN FEET TREATMENT.....	€ 27,00
------------------------------	---------

PAMPERING FOOT TREATMENT.....	25 min € 30,00
-------------------------------	------------------

Relaxing and antibacterial

Foot bath with lavender essential oil, foot scrub, regenerating honey wrap and massage. Ideal after pedicure.

PEDICURE AND PAMPERING FOOT TREATMENT.....	20 min € 67,00
--	------------------

1 Pedicure + 1 Pampering foot treatment.

Perfect hair



BASIC TREATMENTS

SHAMPOO AND SET - SHORT HAIR.....	€ 26,00
SHAMPOO AND SET - LONG HAIR	€ 28,00
SHAMPOO AND ROLLER SET.....	€ 24,00
BRUSHING WITH HAIR DRYER OR ROLLER SET	€ 15,00
HAIR CONDITIONER.....	€ 4,00
MASK.....	€ 5,00
HAIR STRAIGHTENER.....	€ 5,00
EXTRA CHARGE FOR APPLICATION OF COLOURING LOTION.....	€ 3,00

"HAIR SPA" TREATMENT + SET 60 min | € 53,00

Treat yourself with a specific scalp massage

This specific treatment for brittle hair will give you unforgettable sensations. After being in the thermal pool, your hair may need hydration; treat yourself with this treatment!

GIVE YOURSELF A NEW LOOK!

HAIR CUT	€ 20,00
HAIR PERM	€ 48,00
HAIR COLOURING	€ 28,00
CAP HIGHLIGHTS.....	€ 38,00
FOIL HIGHLIGHTS.....	€ 45,00 / € 55,00






HOTEL TERME
ABANO VERDI
★★★★

Hotel Terme Abano Verdi
Via F. Busonera 200
35031 Abano Terme
Padua - ITALY

Tel +39 049 66 76 00
Fax +39 049 66 70 25
E-mail info@abanoverdi.com
Web www.abanoverdi.com

Follow us
OUR SOCIAL MEDIA



See you soon. Fioraso Family and Staff



HOTEL TERME ABANO VERDI

Via F. Busonera 200, 35031 Abano Terme, Padua, ITALY | Tel: +39 049 66 76 00 | Fax: +39 049 66 70 25
info@abanoverdi.com - www.abanoverdi.com