



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

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# 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 LOMI** .....50 min | € 65,00

***Indulge in Hawaiian rhythms and movements***

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

**AYURVEDA** .....50 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 OIL** .....50 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 MASSAGE** .....50 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 RITUAL** .....1h 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 STONES** .....50 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 MASSAGE** .....50 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 RELAXING** .....50 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 MASSAGE** .....50 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 MASSAGE** .....50 min | € 52,00

***Relaxing and Wellness treatment***

Soft and relaxing movements promote a sensation of general relaxation.

**HONEY TREATMENT** .....50 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 TREATMENT** .....1 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 MASSAGE** .....50 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 MASSAGE** .....50 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” TREATMENT** .....50 min | **€ 66,00**

**“NOVA VIDA” TREATMENT** .....1h 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.



**SHIATSU** .....50 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 REFLEXOLOGY** .....50 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 GROUND** .....50 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*

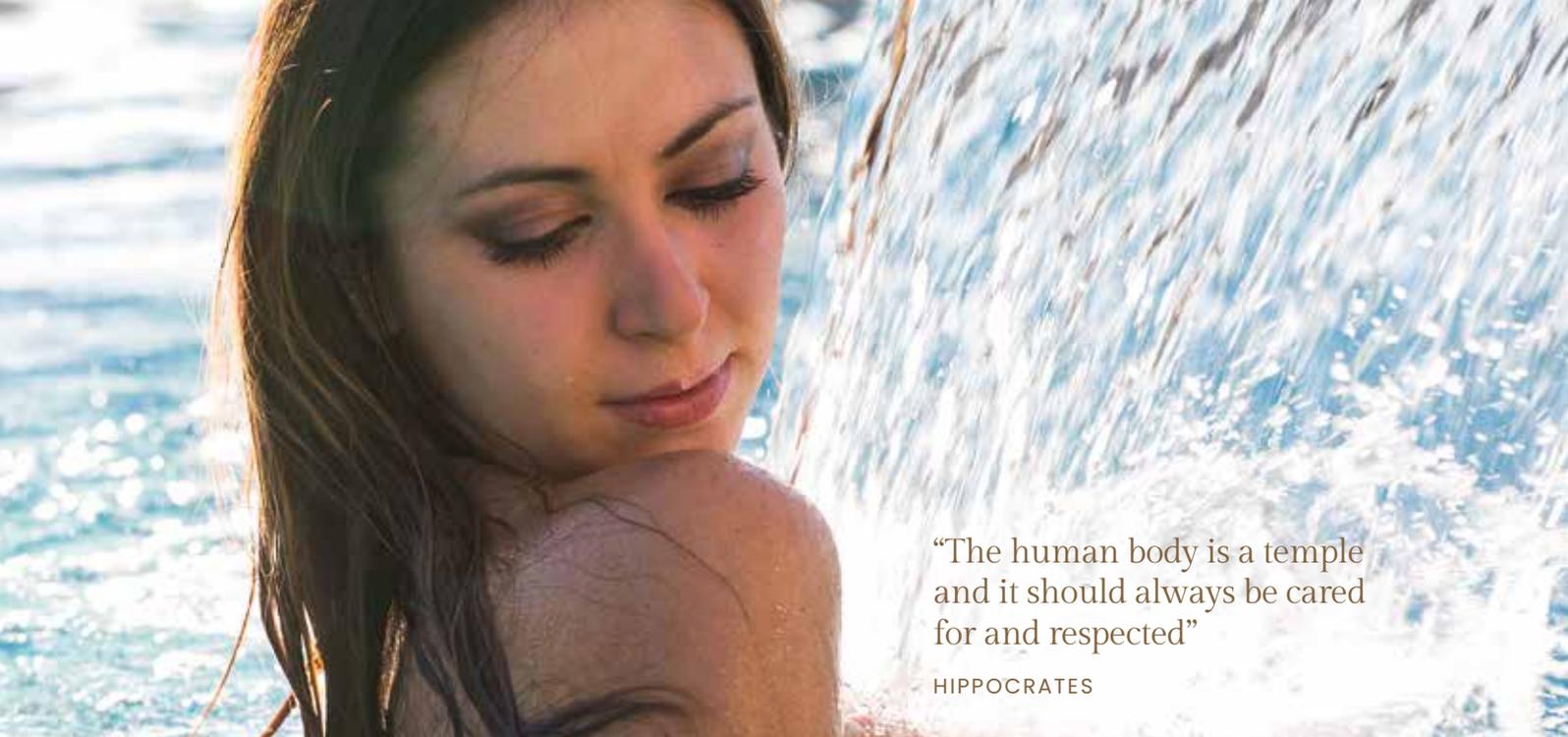
on the legs and wrapping them with a specific bandage. Recommended to relieve the feeling of fatigue, heaviness and swelling in the feet, ankles and legs. Medical advice is recommended.

**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 TREATMENT** .....30 min | **€ 45,00**

***For a radiant look***

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

**COMPLETE FACIAL TREATMENT** .....1h 20 min | **€ 90,00**

***Complete facial customized treatment with intensive eye contour treatment***

**MANUAL LYMPH DRAINAGE FACE MASSAGE** .....30 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 CELLS** .....60 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  
★★★★

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*See you soon. Fioraso Family and Staff*



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