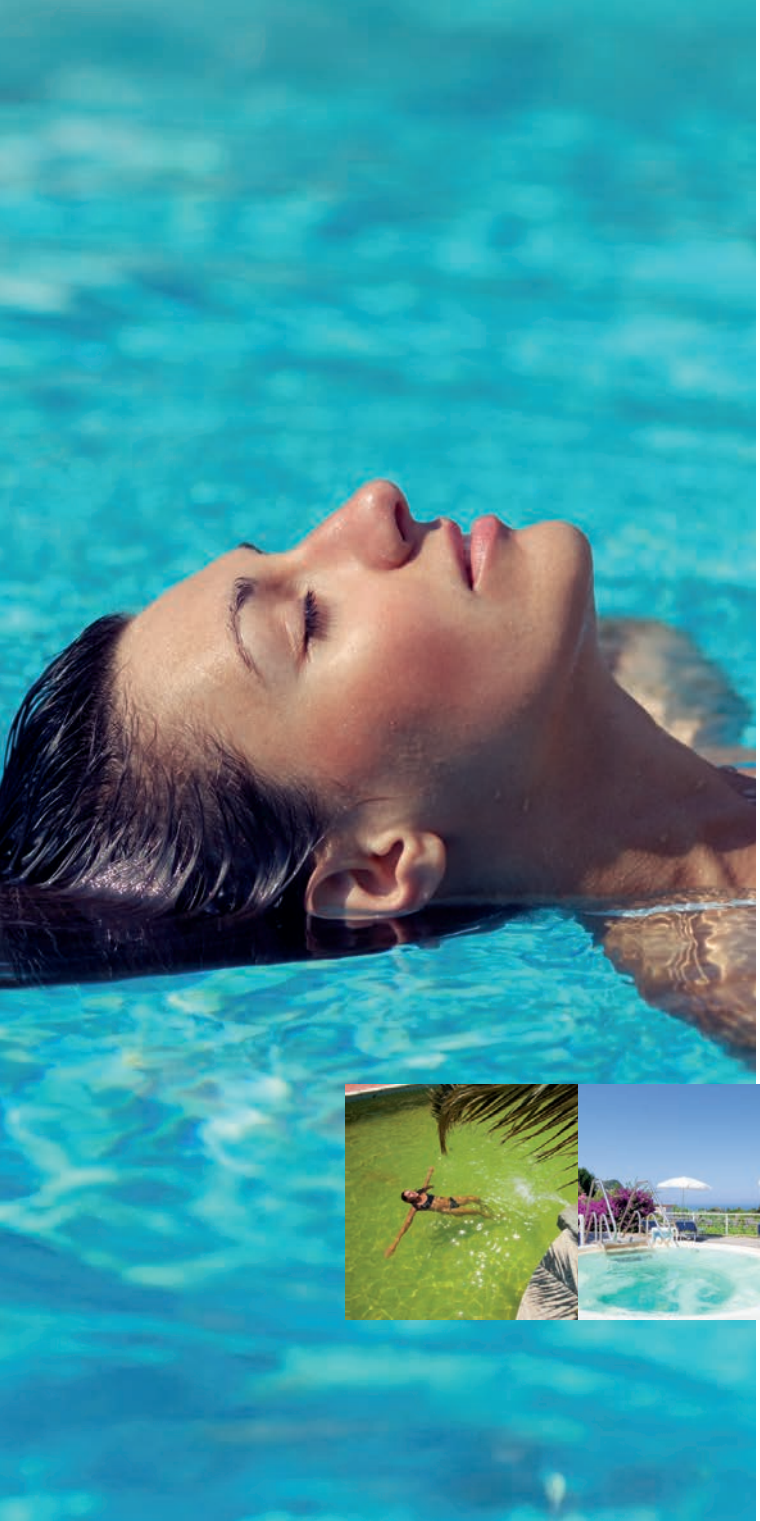




Blue & White  
Thermal Spa  
Paradiso





*Welcome to our thermal spa, a place dedicated to relaxation and well-being. Here you can regenerate body and mind thanks to the beneficial properties of our thermal waters, immersing yourself in a peaceful and welcoming atmosphere. Let the warmth envelop you, slow down, and treat yourself to a moment just for you.*



# Grotta di Agarthi

Discover our free thermal steam cave, where natural heat envelops the body, promoting skin purification, muscle relaxation, and respiratory health. An intense and regenerating experience, ideal for regaining balance and deep relaxation.

# MASSAGES

Massage is one of the most ancient therapies and it is the new source of energy and vitality!



**THERAPEUTIC MASSAGE** (30 min.) € 50

(cod.317/283)

The therapeutic massage focuses on problem areas like shoulders, back and the lumbar region. This massage improves blood flow, helps eliminate toxins and reduces muscle tension.

**THERAPEUTIC MASSAGE**

**FULL BODY** (60 min.) € 85

**FULL BODY LYMPHDRAINAGE** (60 min.) € 80

(cod.304/281)

The lymph drainage massage helps to eliminate liquids and toxins and therefore is the perfect way to support any weight loss program. This massage gives the entire body an immediate feeling of wellness.

**PARTIAL LYMPHDRAINAGE** (30 min.) € 50

(Cod.303/280)

**ANTI-CELLULITE MASSAGE** (45 min.) € 60

(cod.309)

Stimulates the circulation, invigorates and helps reduce localised adipose, while also making the skin softer and suppler.

**ANTI-CELLULITE MASSAGE** (55 min.) € 70

**ANTI-STRESS MASSAGE** (45 min.) € 60

(cod.310)

A calming and rebalancing massage that creates a feeling of complete wellness.

**AROMATHERAPY MASSAGE** (50 min.) € 70

(cod.311)

The combined action of the essential oils, a soothing and delicate massage and relaxing music helps to recreate a harmonious mental-physical balance.

## **CONNECTIVE TISSUE MASSAGE** (55 min.) € 75

(cod.315/288)

This massage reduces muscle tension and improves blood circulation. It has a relaxing effect and helps get rid of sleep and digestion problems while eliminating stress since it acts on and rebalances the vegetative nervous system.

## **ENERGETIC MASSAGE** (55 min.) € 75

(cod.467)

Through the peripheral nervous system the nervous receptors are stimulated and, consequently, the spinal nerves that, when properly stimulated, help to relax the muscles, loosen the tensions, invigorate, relax the tense areas of the body and allow the vital energy to flow freely, eliminating stress and recover a whole wellness.

## **FOOT REFLEXOLOGY** (30 min.) € 50

(cod.329/289)

The foot massage is not only a very effective method for eliminating stress and relaxing, but it also creates new energy while enhancing wellness.

## **BAMBOO MASSAGE** (50 min.) € 65

This massage has its roots in oriental massage and it is ideal for who want to end with water retention, cellulite and stretch marks. This is a type of holistic treatment which utilises bamboo canes. During the treatment, a therapist will use a variety of differently sized bamboo canes. The size of the cane will vary depending on your body type; desirable treatment outcome and the area treated; the larger the area, the bigger the cane.





# SPECIAL REVITALIZING MASSAGES

**STONE THERAPY** (60 min.) **€ 80**  
(cod.302)

A revolutionary treatment that combines the massage, the reactivation of the energy meridians and the beneficial effect of hot stones, instilling the entire body with strength and vitality. Body energy is reharmonised and a feeling of wellbeing and inner peace spreads throughout the entire body. A truly extraordinary method that will surprise you.

**AYURVEDIC MASSAGE** (50 min.) **€ 80**  
**WITH SHIRODARA** + **€ 30**  
(cod.312)

To be in harmony, in peace with yourself and the rest of the world: these are the basic concepts of Ayurveda, the natural way to achieve mental-physical balance developed in India. This ancient, mysterious and fascinating holistic concept will help you to rediscover inner wellness.

**ENERGETIC CHANNELS MASSAGE**  
(50 min.) (cod.313) **€ 80**

A very soft massage that works on the energetic channels (meridians). It includes various maneuvers on body and head. This massage is indicated to treat different issues. It can be invigorating, relaxing, energizing or used to treat osteo-articular disturbs, backache, sciatica, and other common problems of the vertebral column.

**LOMI - LOMI** (50 min.) **€ 95**  
(cod.316)

Enter the world of total relaxation. Lomi-Lomi is a holistic massage from Hawaii that reduces muscle tension while focusing on the person as a whole. Expansive and fluid massaging movements are combined with other actions to relax the joints and create energy.



# SALE, ACQUA, VITA

## Peeling & Scrub

Pamper your body with one of our pleasant peelings. It eliminates dead cells and makes your skin soft and smoother. It is recommended before sunbathing since it guarantees uniform tanning.

## PEELING TREATMENTS

### THE HEALING POWER OF WATER AND SALT

#### **BODY SCRUB** (Cod. 412) (30 min) **€ 50**

An exfoliating body treatment made from fresh Ischia lemons, sea salt and sweet almond oil. The lemons have an energising, smoothing and purifying effect on the skin. The coarse sea salt mixed with sweet almond oil has an exfoliating and moisturising effect, restoring balance to the skin and leaving it as smooth as silk

#### **PURIFYING TREATMENT** (cod. 474)

#### **50 pleasant minutes with body pack** **€ 85**

To stimulate all senses! The peeling prepares the skin to receive a pleasant and relaxing massage followed by a body pack to make the skin silky and luminous.



# BODY TREATMENT SCENTS OF ISCHIA

(cod.327) 90 relaxing minutes

€ 155

*Awaken your senses with the scent of lemon-grass and the lemons of Ischia and be ready to embrace the pleasure of warm shells on your body to finish the treatment with a warm bath containing vitaminized Sea salt.*



# BEAUTY TREATMENTS AND WELLNESS



|  |             |
|--|-------------|
| Face mask with thermal mud from the mark Ischia Sorgente di Bellezza (cod.307) | <b>€ 45</b> |
| Face massage and Décolleté (cod.476) (30 min.)                                 | <b>€ 50</b> |
| Face and neck Lymph drainage (cod. 305) (30 min.)                              | <b>€ 55</b> |
| Facial cleaning (cod.328) (60 min.)  | <b>€ 70</b> |
| Personal face treatment (cod.333) (50 min.)                                    | <b>€ 70</b> |
| Face needling or face cupping  | <b>€ 25</b> |
| Anti-cellulite mud (cod.299)   | <b>€ 45</b> |





Manicure (cod.306)

**€ 35**

Pedicure (cod.325)

**€ 45**

Full Depilation (cod.297)

**€ 75**

Partial Depilation (cod.293)

**€ 40**

Cryotherapy (cod.301)

**€ 40**

Through it a decrease of the legs temperature is obtained to the detected degrees of hypothermia that is from 2 ° to 5 ° C .

The chemical cold , typical of this treatment , has a more effective and long action , compared to the use of ice or water.



# OUR THERMAL WATERS

Probably you will have some questions about the characteristics, the origin and the use of the thermal water during your stay with us. We would like to answer some of these questions in advance.

## **Are all waters the same ?**

No. Scientists classify the thermal waters based on three parameters:

-temperature

-remains at 180° C

- chemical composition that divides the water in classes and underclasses

Based on these parameters the waters are divided in: water with little minerals, sulphurous water, salted bromine water, radioactive water, chloride-sodic water, sulphate water, bicarbonate water, carbonate water, iron-arsenical water.

What kind of water do we use ?

Our water is defined salt-bromine-iodine and chloride-sodic.

## **What are the therapeutic characteristics of our thermal water ?**

Our water is recommended:

• for the locomotor

(regulation of the muscle tonus, against inflammation, analgesic)

• for the skin

(against inflammation, astringent, antibacterial, detergent, tonic)

-for the breathing

(mucous deliberating, against inflammation)

## **Are there contra-indications ?**

A person with special health problems should visit a doctor before immersing into the warm thermal water. But only extreme health problems (tumours, heart and lung problems, etc.) may be followed by contra-indications caused by the thermal water.

## **What does the fango-mud treatment do ?**

The thermal fango-mud is the result of a combination of mud and the thermal water. The two parts have to stay together for a few months to guarantee the "maturation of the mud".

## **Is physical exercise recommended during a thermal therapy ?**

Yes. If the exercise does not worsen the health problems trying to be resolved by the therapy.

## **Can a thermal water therapy be an alternative to pharmacies ?**

If the therapy is made to cure some chronic disturbs, which often do not react to pharmacies any more, it surely is a valid alternative.

### **How and how often to get into the thermal water ?**

The regularity of the use of the thermal water is inevitable for the therapeutic success: it is recommended to bath in thermal water for regular but short periods (for example 10/15 min every hour a certain number a day). The fango-bathing therapy effects the skin, especially those with fair and sensible skin who tend to allergies and sun irritations. It is recommended to minimize the sun exposure and to use a high protection. The penetration of thermal water into the ears may cause otitis.

### **Are there preferred times for the thermal water therapy ?**

In general they say spring and autumn are the best periods to do the thermal cure. But the time of the year certainly does not influence the results of the thermal cure.

### **Is the thermal water used for other then thermal therapies ?**

Our thermal water is also used for the production of heat and to nurture the pools and the fango-mud tubs (tubs for the maturation, conservation and heating of the fango-mud.)

Why is the water not clear ? The colour of the thermal water varies between green and brown, depending on the oxidation and the downfall of metal elements present in the water. The more water is added to the pool, the darker the colour, because of the invisible small particles of mud and sand. To be able to suck this particles out of the water it needs some time so they can deposit themselves on the bottom of the pool. Because of the constant change between water and air there may emerge a dirty line at the side of the pool.

### **Why are there algae in the pool ?**

The presence of algae in the pool is based on the nature of the thermal water itself. These algae produce enzymes and antibacterial essences. Their presence is a certain indication that the water is natural and not chemically treated.

### **Why are the temperatures of the pools not always the same ?**

The thermal water is drawn from the wells through a sensible pumping system for 15 minutes every hour to protect the pumps from the high temperatures at the bottom of the well. It is impossible to guarantee a constant temperature of the pools, because it also depends on the climatic circumstances like wind, rain and heat.

The hotel has three thermal water wells with a general depth of 140 to 185 m and a temperature that varies between 66° and 80° C.



### **Characteristics of the pools :**

#### **BELVEDERE ° :**

|             |                |
|-------------|----------------|
| Temperature | Air            |
| Holding     | 300 mc3        |
| Location    | Outdoor        |
| Where       | Paradiso Terme |

#### **SALUS ° :**

|             |                |
|-------------|----------------|
| Temperature | ca 30°\34° C   |
| Holding     | 100 mc3        |
| Location    | Outdoor        |
| Where       | Paradiso Terme |

#### **COPERTA ^ ° :**

|             |                |
|-------------|----------------|
| Temperature | ca 34°\37° C   |
| Holding     | 90 mc3         |
| Location    | Indoor         |
| Where       | Paradiso Terme |

#### **GARDEN ^ ° \* :**

|             |                 |
|-------------|-----------------|
| Temperature | ca 34°\37° C    |
| Holding     | 80 mc3          |
| Location    | Outdoor         |
| Where       | Paradiso Garden |

#### **JACUZZI ^ \* :**

|             |                 |
|-------------|-----------------|
| Temperature | ca 25°\30° C    |
| Holding     | 3 mc3           |
| Location    | Outdoor         |
| Where       | Paradiso Garden |

^ Hydromassage  
 ° Waterfall  
 \*Geyser

#### **PLEASE NOTE**

- Pools use until 8,00 p.m.
- Temperatures are variable, depending on the weather



### **Dear Guest,**

To make your stay pleasant and relaxing by the pool we kindly ask our guests we observe the following simple rules:

- Open daily from 7:30 a.m. to 20:00 p.m.
- The use of the pools is exclusively for the hotel guests
- Children are not allowed in the pool “Salus”
- Children under 6 years of age can use the outdoor pools only accompanied by an adult

### **WHAT TO DO :**

- Shower before entering in the pool
- Enter the pool only by steps
- Use the handrail
- Clean the feet before entering in the pool

### **WHAT NOT TO DO :**

- Jumping or diving from the poolside
- Playing with balls and all inflatable
- Taking dogs, cats or any others animals in the pool area
- Running on tiled areas
- Use radio, mobile phones, etc,
- Sunbathing topless
- Occupying sunbeds and parasols with personal items

***By respecting these simple rules you can help guarantee a pleasant and relaxing stay to all guests***

The Hotel Management disclaims all responsibility for behavior against the pool regulation.

**WARNING:** After 8,00 p.m. it's not possible use the pools . Starting from this time, sanitizing and necessary pool products are used for the maintenance of the pools and the waters.




HOTEL PARADISO TERME  
RESORT & SPA

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*Vivere la differenza!*

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