



Well-being à la carte

Well54

“Take care of
your body, it’s the only place
you have to live”.

Jim Rohn

Well54

*We deeply believe that taking care of your body is the first step toward a full and fulfilling life. That’s why, in our center, we turn this principle into reality by offering a wide selection of treatments dedicated to wellness, beauty, and regeneration. Each ritual is designed to envelop you in a unique experience, capable of restoring balance to body, mind, and spirit.
Treat yourself to the luxury of a moment just for you, and let yourself be carried away to an oasis of relaxation, where every gesture is an act of love toward yourself.*

**Welcome to our Well54 wellness center,
where your well-being is the goal of everything we do.**



Well-being à la carte

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WELL-BEING FOCUS

**PERSONALIZED CONSULTATION, MEDICAL CHECK-UP,
AND DIAGNOSTICS WITH OUR SPECIALISTS.**

*Begin your journey toward complete and
personalized well-being with our team of experts.*

- First non-binding consultation (by appointment)..... free
- Medical admission consultation for mud therapy
and customization of the treatment program..... € 50
- Medical check-up..... € 95
- Blood analysis..... upon request
- Wound dressing..... starting from € 45

FOCUS LONGEVITY

- Dietary consultation with our Longevity Expert, including Bioimpedance analysis (BIA, Bioelectrical Impedance Analysis) - Body composition analysis € 240
- Precision Medicine Test upon request
- Bioimpedance analysis (BIA, Bioelectrical Impedance Analysis) - Body composition analysis € 120
- General Anti-Aging and preventive medical consultation € 220
- Diagnostic check-up / Blood test review € 85
- HRV Stress Test
(assessment of stress levels, nervous system function, sleep quality, and recovery) € 185
- Naturopathic consultation € 165
Discover your natural balance and well-being with a naturopathic consultation — an opportunity to listen to your body, restore energy balance, and receive personalized advice for a more harmonious life.
- Homeo-Mesotherapy – pain-relief, detox, or meridian-focused starting from € 220
Homeo-mesotherapy works by stimulating the body's natural self-healing abilities. Its therapeutic aim is also to help reduce inflammation and eliminate toxins from the body. This treatment is free from any contraindications or interactions with other therapies the Guest may be undergoing.



THERMAL MUD AND THERMAL CARE

*Immerse yourself in the therapeutic
power of nature.*

A journey to the source of natural well-being.

*The thermal water of the Euganean Basin is a gift from nature,
the result of an extraordinary underground journey.*

*Originating from the pristine springs of the Lessini Mountains,
it travels for about 80 kilometers through limestone rock,
reaching depths of up to 3,000 meters and becoming enriched
with valuable mineral salts. When it resurfaces at our thermal
facilities at a temperature of 87°C, it becomes a resource truly
unique in the world.*

The power of mature mud

*In Montegrotto and Abano Terme, thermal mud becomes an
essential ally in the treatment of inflammation, joint and muscle
pain. After naturally “maturing” for at least 60 days in thermal
water at 38°C, it develops an organic biofilm renowned for its
exceptional anti-inflammatory properties.*

MUD THERAPY

1. **Medical admission consultation for mud therapy and customization of the treatment program**
to define the ideal therapeutic path.
2. **Express Body Scrub:** revitalizing body scrub to deeply cleanse the skin,
enhancing the absorption of minerals.
3. **Application of thermal mud:**
gently applied to the skin at 38–42°C for 15–20 minutes.
4. **Regenerating thermal bath**
8–10 minutes of immersion at 36–38°C.
5. **Sweating reaction**
a natural moment of rebalancing for the body.
6. **Post-Mud therapy massage**
to stimulate circulation and complete the wellness journey.

• Application of thermal mud and thermal ozone bath.....	€ 45
• Application of thermal mud on hands or feet.....	€ 40
• Facial mud against sinusitis and headache.....	€ 45
• Express Body Scrub (25 min.).....	€ 60
• Post-mud massage (25 min.) only in combination with mud therapy.....	€ 60
• Inhalation or aerosol with thermal water.....	€ 12



THERMAL PACKAGES

BRONZE PACKAGE

- › **1 MEDICAL ADMISSION CONSULTATION**
for mud therapy
- › **1 EXPRESS BODY SCRUB**
our revitalizing body scrub
- › **6 THERMAL MUD APPLICATIONS**
- › **6 THERMAL BATHS WITH OZONE**
- › **6 POST-MUD MASSAGE** (25 min.)

Price per person € 703

SILVER PACKAGE

- › **1 MEDICAL ADMISSION CONSULTATION**
for mud therapy

- › **1 EXPRESS BODY SCRUB**
our revitalizing body scrub

- › **10 THERMAL MUD APPLICATIONS**

- › **10 THERMAL BATHS WITH OZONE**

Price per person € 1.040

GOLD PACKAGE

- › **1 MEDICAL ADMISSION CONSULTATION**
for mud therapy

- › **1 EXPRESS BODY SCRUB**
our revitalizing body scrub

- › **12 THERMAL MUD APPLICATIONS**

- › **12 THERMAL BATHS WITH OZONE**

Price per person € 1.205



“SIGNATURE” RITUALS WITH THERMAL MUD

Exclusive treatments that combine the effectiveness of thermal mud with deeply relaxing rituals. We embrace nature in its purest form and integrate it into the wellness experience.

- **Express Body Scrub (25 min.)** € 60
A bio scrub that gently removes dead skin cells, refines the texture, and prepares the skin for subsequent treatments and mud therapy. Also ideal for stressed skin in need of new energy, radiance, and smoothness.
- **Express Facial (25 min.)** € 60
A quick facial treatment that refreshes and brightens the skin: with gentle cleansing, a revitalizing mud mask, and a choice of hand or foot massage.

- **Express Full Body (50 min.)** € 110
*Combination of both Express rituals for a complete treatment.
 Perfect preparation for further treatments or mud therapy.*
- **Thermal Purity & Gardenia Lift Facial (50 min.)** € 90
A gentle cleansing ritual with a mineral-rich thermal mud mask and a deeply relaxing facial massage, enhanced by our exclusive signature serum with gardenia stem cells to boost natural collagen production, promoting skin regeneration and a visible lifting effect.
- **Liver area Fango Detox (50 min.)** € 55
A gentle mud ritual with mildly warm mud applied to the front and back of the liver area, supporting the body's natural detoxification process. Followed by a thermal bath with hydromassage and an aromatic fusion of clary sage hydrosol, known for its soothing and anti-inflammatory effects.
- **Full Body Fango Detox (about 50 min.)** € 55
Thermal mud enriched with spirulina algae envelops the entire body, providing valuable minerals and micronutrients while supporting the natural detoxification process. A soothing thermal bath with blue chamomile essence follows, offering calming, anti-inflammatory, and regenerating benefits.

THERAPEUTIC BODY TREATMENTS

Targeted treatment to relieve tension and muscle pain.

- Osteopathy session..... € 165
First global postural assessment and osteopathic treatment
- 1 session Osteopathic treatment (*post global postural assessment*)..... € 135
- Physiotherapy (**1 session 50 min.**)..... € 100
- Water-based exercise (**1 session 45 min.**)..... € 100
- Personal trainer..... € 80
- Individual Yoga session..... upon request
- Taping or Moxa treatments..... upon request







MANUAL THERAPIES AND HOLISTIC MESSAGES

The finest treatments to relax both body and mind.

- Myofascial release **(50 min.)** € 90
Releases muscle tension and stiffness, improves mobility, and helps reduce chronic pain.
- Connective tissue massage **(50 min.)** € 90
Stimulates connective tissue, enhances circulation, and eases deep muscular tension.
- Lymphatic drainage **(25 min.) legs or face only** € 60
(50 min.) full body € 90
(75 min.) with facial lymphatic drainage € 140
Encourages lymphatic flow, reduces swelling and water retention, and supports the body's detoxification process.
- Foot reflexology **(50 min.)** € 90
Stimulates specific points on the feet to rebalance the body's energy and support the health of internal organs.

- **Craniosacral therapy (50 min.)** € 90
Deeply relaxes the nervous system, relieving stress and tension while enhancing overall mind-body wellness.
- **Deep tissue massage**..... **(25 min.) € 60** **(50 min.) € 90** **(75 min.) € 140**
Eases muscle tightness and contractions, improves mobility, and relieves localized pain.
- **Aromatic relaxing massage**..... **(25 min.) € 60** **(50 min.) € 90** **(75 min.) € 140**
AVAILABLE AS A COUPLE'S TREATMENT IN A SHARED CABIN FOR AN ADDITIONAL € 15,00 PER PERSON
Combines essential oils with gentle, soothing strokes to reduce stress, promote relaxation, and rejuvenate body and mind.
- **Candle massage (50 min.)**..... € 100
Warm, melted candle wax is gently poured over the skin, providing deep hydration and muscle relaxation for a profoundly sensory experience.
- **Hot stone massage (50 min.)**..... € 90
Heated stones glide smoothly over the skin, easing deep muscle tension and enhancing circulation to melt away stress.
- **Lomi lomi massage (50 min.)**..... € 110
A traditional Hawaiian massage using rhythmic forearm movements to stimulate energy flow and induce deep relaxation.
- **Shiatsu (50 min.)**..... € 100
A Japanese technique that balances the body's energy, reduces stress, and supports overall physical and mental well-being.
- **Thai massage (50 min.)**..... € 100
Combines acupressure and assisted stretching to improve flexibility, relieve tension, and restore energetic balance.



LAKSHMI AYURVEDIC TRADITION

*Balance and harmony inspired
by Ayurvedic wisdom.*

- **Abyhanga (50 min.)** € 100
*A full-body Ayurvedic massage using warm oils
to rebalance the doshas, support detoxification,
and deeply relax body and mind.*
- **Shiro Abhyanga (50 min.)** € 100
*A traditional head massage that relieves
mental stress and tension, enhances focus,
and promotes deep relaxation.*
- **Shirodara (80 min.)** € 150
*A continuous stream of warm oil poured over
the forehead to deeply calm the nervous system, reduce
anxiety and insomnia, and promote mental clarity.*

- Pindasweda (50 min.).....€ 100
An Ayurvedic massage using warm herbal poultices to relieve muscle and joint pain, improve circulation, and support detoxification.
- Garshan (75 min.).....€ 150
HIGH DRAINING EFFECT A highly draining treatment with mud and essential oils applied to the legs, hips, and abdomen, followed by a steam bath (Swedana). Stimulates metabolism, enhances circulation, and promotes toxin elimination. During the steam bath, a soothing facial massage completes the experience.
- Kapha (75 min.).....€ 150
ANTI-CELLULITE A comprehensive treatment to combat compact cellulite.
A deep and relaxing massage applies mud enriched with essential oils to activate metabolism and eliminate toxins. The synergy of a targeted massage and steam bath (Swedana) helps reduce fluid retention. During the steam bath, a soothing facial massage completes the experience.
- Udara (50 min.).....€ 115
FOR ABDOMINAL SWELLING A specific abdominal massage that stimulates digestion, reduces bloating, and helps tone the abdominal area. Finished with a steam bath (Swedana). During the steam bath, a soothing facial massage completes the experience
- Art reum (50 min.).....€ 115
TO TREAT BACK PAIN A therapeutic, enveloping, and deeply relaxing treatment to release back pain, stiffness, and fatigue. Through targeted, precise techniques, it works on muscular tension and restores the body's natural balance. Ideal for regaining comfort, mobility, and lasting well-being. Completed with a steam bath (Swedana).

LIGNE SAINT BARTH

SENSORIAL FACE AND BODY TREATMENTS

*A sensorial journey
to the Caribbean for your skin.*

- **SOFTNESS** Relaxing body peeling with coconut oil and papaya mousse **(50 min.)** € 110
A full-body exfoliating massage with fruity notes to delight body and soul with the treasures of tropical nature: the fresh papaya mousse, rich in enzymes, works its magic, while fine sand gently removes dead skin cells and coconut oil provides rich and precious nourishment. Let your skin be enveloped in an exotic fragrance, leaving it silky, soft, and smooth.
- **OCEAN DREAM** Deep relaxation massage **(50 min.)** € 120
A deep massage using warm shells and avocado oil, ideal for relieving stress and nourishing the skin. Enriched with minerals and vitamins, it provides a feeling of complete relaxation.
- **HARMONY** Personalized sensorial relaxation massage **(50 min.)** € 110
This full-body massage offers a multisensory experience that will regenerate you from head to toe. Coconut and avocado oils, camphor and menthol gel, combined with ivy and aloe vera gel, work in synergy to deeply nourish, tone, and soothe your skin. Feel tensions melt away as your senses awaken. A final touch of body lotion will wrap you in a cloud of fragrance, leaving you with a sensation of total harmony.





L I G N E
ST BARTH

AU TIARÉ
SCENTED TIARE

LAIT HYDRATANT
BODY LOTION

125ml - 4.2fl oz



COUPLES' EMOTIONS

*The following rituals take place in our **Private SPA Suite**, featuring two side-by-side massage beds for a shared couples' experience.*

Adjacent to the suite is a steam bath equipped with heated benches and chromotherapy lighting.

At the end of the ritual, you can relax on the chaise longues while enjoying a refreshing beverage.

- **CHILL OUT Full body massage with warm shells (100 min.)**.....€ 195 per person
The ritual begins with a gentle papaya scrub, leaving the skin smooth and purified by the steam of the Turkish bath. A deeply relaxing full body massage follows, using warm shells that glide over your skin with the help of nourishing avocado oil. A facial mask with passion fruit and pink clay, or pineapple and green clay, adds a touch of care for the face. Hands and feet are not forgotten, with a soothing massage during the mask application. To finish, a final pampering with a precious mango butter cream.
At the end, take a few moments to unwind on the chaise longues while enjoying a refreshing beverage.
- **SENSATION Nourishing body wrap with relaxing massage (70 min.)**.....€ 160 per person
The treatment begins with a papaya gommage to prepare the skin for the steam bath. A luxurious body mask follows, using a refined Caribbean elixir of your choice: vanilla, lily, or tiaré flower. During the mask application, enjoy a gentle face massage.
The ritual concludes with a delicate and enveloping full body massage.
At the end, take a few moments to unwind on the chaise longues while enjoying a refreshing beverage.
- **ORIENTAL EMOTION (70 min.)**.....€ 160 per person
An engaging couples' treatment. You will be enveloped in an inebriating atmosphere with spicy aromas, beginning with a sweet-and-sour scrub made from sugar, ginger, and cinnamon.
A captivating savonage ritual with black soap will transport you to the ambiance of an Oriental hammam, followed by a moment of relaxation in the steam bath with chromotherapy. The experience concludes with a soothing full body massage using precious golden oil, complemented by a nourishing facial mask.
At the end, take a few moments to unwind on the chaise longues while enjoying a refreshing beverage.



SOTHYS FACE AND BODY BEAUTY RITUALS

Luxury and refinement for timeless beauty.

- **Le Soin Professionale, The Fundamental (50 min.)** € 90
*An innovative facial cleansing for clean, smooth, and radiant skin.
Suitable for all skin types, it includes deep cleansing, white clay exfoliation, and a gentle licorice peel to boost cell renewal.
If needed, comedones are delicately removed.
A citrus and floral oxygenating mask completes the treatment, leaving the skin fresh and glowing.*
- **Seasonal face treatment (50 min.)** € 110
*A seasonal ritual to refresh and revitalize your skin.
This oxygenating treatment features fresh, uplifting notes, gentle exfoliation, a double mask, and a relaxing massage.
Packed with vitamins and energizing actives, the Sothys Seasonal Treatment leaves your skin radiant and full of vitality.*

- **Soin Hydra Hyaluronic acid (75 min.)**.....€ 150
*An intensive hydrating treatment for plumper, firmer skin.
 It begins with gentle cleansing and exfoliation, followed by a restructuring serum and a hydrating gel mask.
 A hyaluronic acid modeling mask deeply plumps the skin, while a final argan oil mask nourishes and restores.
 Throughout, specialized Digi-Esthétique® massage techniques boost absorption and offer deep relaxation.*
- **Soin Jeunesse - Anti-Age (75 min.)**.....€ 150
*An intensive anti-aging treatment for smoother, firmer, more radiant skin.
 Visible results from the first session, thanks to powerful actives like saffron extract to fight oxidative stress
 and crystal tears extract to boost collagen and plump the skin. Targeted serums and firming masks restore
 density, while expert manual techniques refine and brighten the complexion. Ideal for both prevention and
 visible rejuvenation in just one treatment.*
- **Prescription Jeunesse - Eye contour smoothing and brightening (50 min.)**.....€ 95
*Sothys offers the ideal solution to support and strengthen the eye contour area for a rested, vibrant look.
 This treatment is designed to awaken the youthful appearance of the eyes, using exclusive Sothys porcelain
 accessories and unique massage techniques.
 Instantly reveal a brighter, more energized eye contour.*
- **Soin Minceur Signature Silhouette – Anti-Cellulite, draining and relaxing (50 min.)**.....€ 110
*A slimming protocol suitable for everyone, combining technical expertise, effectiveness, and relaxation.
 A targeted massage is performed using Sothys' exclusive porcelain massage accessory crafted in Limoges.
 The result: a more toned, refined silhouette, sculpted with an ultra-original slimming massage.
 Satisfaction guaranteed.*

GENTLEMEN'S CHOICE

"Signature" rituals with thermal mud specifically designed for men

- **Thermal Purity Man (50 min.)** € 100
A gentle cleansing ritual with a mineral-rich thermal mud mask; while the mask works, a relaxing head massage ensures deep relaxation. The treatment concludes with a facial massage using our exclusive signature serum, which plumps, detoxifies, and revitalizes the skin, for a fresh, vibrant, and renewed complexion.
- **Bio-Scrub & Arnica Balance (50 min.)** € 100
A gentle bio scrub removes dead skin cells, leaving the skin soft and radiant. This is followed by a deep arnica massage that gently releases tension, relaxes the muscles, and evokes a feeling of lightness, warmth, and new energy. A complete ritual for body and senses.





HIGH-TECH BEAUTY TREATMENTS

*Innovation
and science
for visible and
long-lasting
results.*

- Face Oxygen treatment
 (50 min.) € 120
Package of 3 treatments (50 min. each) € 330
This treatment includes cleansing, peeling, oxygenation, a mask, and a final massage. A new and revolutionary system for the oxygenation and regeneration of the skin on the face, neck, and décolleté. Fast, effective, and non-invasive, it delivers natural and lasting results that are visible from the very first session. Using the OxyProAge device, tissue oxygenation and microcirculation are stimulated, effectively treating common skin imperfections and restoring a radiant glow.

- Facial Radiofrequency
 (50 min.) € 120
Package of 3 treatments (50 min. each) € 330
A facial treatment designed to tone and firm the skin, making it smoother and more compact through the use of cutting-edge radiofrequency technology. It helps reduce fine lines and skin imperfections by stimulating the skin's natural elasticity. The treatment includes cleansing, peeling, serum application, a mask, and a final moisturizing cream.

- Body Radiofrequency with firming, draining, or anti-cellulite serum and final massage with cream
 (50 min.) € 120
Package of 3 treatments (50 min. each) € 330
A treatment using ultra-magnetic waves to restore skin elasticity, reduce swelling, and combat the formation of cellulite. It is a painless, non-invasive technique performed by gliding electrodes over the skin with a conductive gel. Radiofrequency works deeply within the tissues, delivering visible results from the first session, with effects that last over time. A preparatory body peeling is recommended for optimal results.

AESTHETIC MEDICINE

- Non-binding consultation with our aesthetic medicine doctor.....free
- Needle-free skin biostimulation (PRX).....starting from € 350
- Face, neck and cleavage rejuvenation
with hyaluronic acid and/or vitamin complexes.....starting from € 450
- Hyaluronic acid-based filler.....starting from € 550
- Botox.....starting from € 600
- Non-surgical facelift.....starting from € 600
- Medical mesotherapy for cellulite and fat reduction.....starting from € 220
- Removal of skin spots and xanthelasma.....starting from € 250
- Biorevitalization for face, neck and décolleté.....starting from € 330
- Exosome therapy with microneedling for face, neck,
décolleté and stretch marks.....starting from € 330
- Exosome therapy for hair strengthening and regrowth.....starting from € 330
- Non-Surgical nose reshaping (Rhinofiller).....starting from € 480





CARE RITUALS FOR HANDS & FEET

*Luxury
manicure and pedicure
for perfect
hands and feet*

- OpiProSpa Exclusive Manicure..... € 65
 with semi-permanent OPI Color* € 90
*A moment of pleasure to take care of your hands with essential
 OPI ProSpa products and techniques.
 The unmissable treatment for an impeccable image.*

- OpiProSpa Pamper Manicure € 80
*The first-class choice for a beauty & care treatment for your hands,
 benefiting from unprecedented exfoliation,
 hydration and protection combined with a relaxing and delicate massage.*

- OpiProSpa Signature Pedicure..... € 70
 with semi-permanent OPI Color* € 95
*This one is for you. This treatment is carried out with an innovative dry technique and includes a soak,
 exfoliate and smoothing of callused feet. This service is completed with a regiment of massage
 and pressure techniques to reduce stress and relieve tension.*

- OpiProSpa Pamper Pedicure € 85
*The OPI Pro Spa Pamper Pedicure consists of callus softening, exfoliation as well as moisture & protection.
 An extended massage combined with acupressure to reduce stress, relieve tension will leave you feeling
 relaxed and renewed.*

* Removal and/or gel application not foreseen

THE ESSENTIALS

*Essential beauty and wellness services
Fundamental treatments for your daily self-care and well-being*

- Hair removal
(25 min.) € 60
(50 min.) € 90

HAIRDRESSER SERVICE

- Blow dry (**shampoo, conditioner, lotion and blow**) € 45
- Curative mask (**in combination with blow**) € 25
- Head massage with vial (**in combination with blow**) € 25
- Complete hair cut € 35
- Hair dye and perm upon request







GOOD TO KNOW

OPENING HOURS WELL54 (call 940)

Everyday from 8.00 am to 8.00 pm

RESERVATIONS

Treatments can be booked by phone, via email, or directly at the Well54 desk.

Our team is available to provide information and assist you in choosing the treatments best suited to your needs.

We kindly recommend arriving a few minutes before your scheduled appointment.

CANCELLATION POLICY

Please notify us of any appointment cancellations at least 24 hours in advance.

Otherwise, the full amount will be charged.

VALUABLES

We suggest visiting our Well54 wellness center without wearing jewelry or bringing valuable items.

The Hotel is not responsible for lost or forgotten valuables within our premises.

CHILDREN AND MINORS

Children and teenagers under the age of 16 may access the Well54 Wellness Center only if accompanied by an adult.

HEALTH AND PREGNANCY

Please inform our staff about any health conditions that require special attention, as well as any allergies or intolerances.

ETIQUETTE

The use of mobile phones and cameras is not permitted within the Well54 Wellness Center.

Smoking is prohibited.

Please maintain a low speaking volume.

RECOMMENDATIONS

We suggest taking a warm shower before your treatment and arriving wearing your bathrobe.

After face and body treatments, it is advisable to avoid immediate exposure to heat sources.

EXTEND THE BENEFITS AT HOME

The skincare products used during our treatments are available for purchase, allowing you to prolong their benefits at home or gift them as a special present.

All treatments are subject to availability.



USEFUL OPENING HOURS

FIT54

6.30 am - 9.00 pm (entry allowed maximum to three persons at the same time)

POOLS & SPA

8.00 am - 11.00 pm

EMOTION ZONE SPA

10.00 am - 11.00 pm

ROOFTOP54

10.00 am - 11.00 pm

SAUNA AREA (TEXTILE FREE)

ON THE ROOFTOP54

open from 1.30 pm until 11.00 pm



esplanade tergesteo

luxury retreat

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esplanadetergesteo.it