





"Take care of your body, it's the only place you have to live".

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 remise an forme. 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.





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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 appoint	tment)free
•	Medical assessment for mud therapy and customization of the treatment plan	€ 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 Testupon request
•	Bioimpedance analysis (BIA - 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-focusedstarting 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 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 assessment for mud therapy and customization of the treatment plan 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.
- 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
Post-mud massage (50 min.) only in combination with mud therapy	.€ 90
Inhalation or aerosol with thermal water	€ 12



### **BRONZE PACKAGE**

- 1 POST-MUD MASSAGE 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 POST-MUD MASSAGE 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 POST-MUD MASSAGE 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 a revitalizing mud mask, and a choice
of hand or foot massage during the application of the mask.

•	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	C 50
	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 (40 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 nebulization of clary sage hydrosol, known for its soothing and anti-inflammatory ef	fects.
•	Full Body Fango Detox (40 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 treatments to relieve tension and muscle pain.

•	Osteopathy session  First global postural assessment and ostheopathic treatment	€ 165
	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	upon request
	Individual Yoga session	upon request
	Taping or Moxa treatments	upon request





## MANUAL THERAPIES AND HOLISTIC MASSAGES

The finest treatments to relax both body and mind.

•	Myofascial release (50 min.)  Slow, deep-release techniques that act on the fascial ne reducing adhesions and stiffness to restore tissue elastic	twork,
•	Connective tissue massage (50 min.)  Intense manipulations that stimulate the deepest layers connective tissue, relieving reflex tensions.	
•	Lymphatic drainage (25 min.) legs or face only (50 min.) full body (75 min.) with facial lymphatic drainage Slow, circular movements that stimulate the lymphatic syreducing swelling and promoting the elimination of excess	€ 90 € 140 ⁄stem,
•	Foot reflexology (50 min.)	feet,

٠	Craniosacral therapy (50 min.) Imperceptible micro-movements that act on the cerebrospinal fluid, easing deep nervous-system tensions and bringing profound, natural relaxation to body and mind.	€ 90
•	Deep tissue massage(25 min.) € 60(50 min.) € 90(75 min.) Deep pressures and manipulations designed to release deep-seated muscle contractures, restoring freedom of movement and providing immediate relief.	.) € 140
٠	Aromatic relaxing massage(25 min.) € 60(50 min.) € 90(75 min.) € combines essential oils with gentle movements to reduce stress, encourage relaxation, and rejuvend body and mind. It can also be performed in a couple's cabin for an additional € 15 per person.	
٠	Candle massage (50 min.)  The warmth of the melted wax transforms into a nourishing oil that softens the skin and dissolves tension in an enveloping ritual.	€ 100
•	Hot stone (50 min.) The deep heat of basalt stones penetrates the muscles, easing tension and improving circulation.	€ 90
٠	Lomi Lomi (50 min.)  A Hawaiian massage that, with broad, rhythmic movements - also using the forearms - releases emotional and muscular blockages, imparting a sensation of fluid lightness.	€ 110
•	Shiatsu (50 min.)  By applying pressure along the energy meridians, this treatment eases stiffness and restores inner ba	€ 100 'ance.
•	Thai (50 min.)	€ 100



## LAKSHMI AYURVEDIC TRADITION

Balance and harmony inspired by Ayurvedic wisdom.

•	Abhyanga (50 min.)	€ 100
•	Shiro Abhyanga (50 min.)  A traditional head massage that relieves mental stress and tension, enhances focus, and promotes deep relaxation.	€ 100
	Shirodara (80 min.)  A continuous stream of warm oil poured over the forehead to deeply calm the nervous system, reduce anxiety and insomnia, and promote mental clarity.	€ 150 e

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 leas. 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.)\_\_\_\_\_ AGAINST 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 €.115 Art reum (50 min.) TO TREAT BACKHEACHES A therapeutic, enveloping, and deeply relaxing treatment to release back pain, stiffness, and fatique. 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).

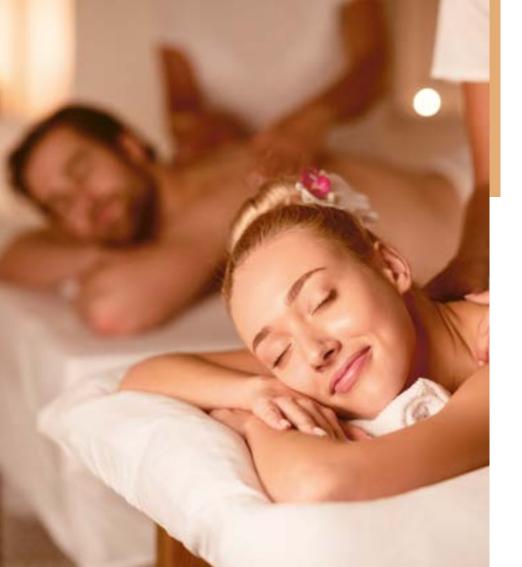
## LIGNE SAINT BARTH

### 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.
- € 120 OCEAN DREAM Deep relaxation massage (50 min.) 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 iw and aloe vera gel, work in syneray to deeply nourish, tone, and soothe your skin. Feel tensions melt away as your senses awaken. A final touch of body lotion will wrap vou in a cloud of fragrance, leaving you with a sensation of total harmony.





# 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	e steam
of the Turkish bath. A deeply relaxing full body massage follows, using warm shells that g	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.

Soin fondamentale (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 treatm	nent,
leavina the skin fresh and alowina.	

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. €.150 Soin Jeunesse - Anti-Age (75 min.) 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.) 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 quaranteed.

### 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.
- € 100 Bio-Scrub & Arnica Balance (50 min.) 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

•	Exclusive Manicure	€ 65
	with semi-permanent color*	.€ 90
	A moment of pleasure to take care of your hands with essential	
	products and techniques.	
	The unmissable treatment for an impeccable image.	
	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.	
	Signature Pedicure	.€ 70
	with semi-permanent 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.	
	Pamper Pedicure	€ 85
	The 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.	ng

<sup>\*</sup> Removal and/or gel application not foreseen

## THE ESSENTIALS

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

(25 main )	£ 60
(25 min.) (50 min.)	€ 90
HAIRDRESSER SERVICE	
Blow dry (shampoo, conditioner, lotion and blow)	€ //5
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

Hair removal





## Well54

### **GOOD TO KNOW**

### **OPENING HOURS WELL54 (call 940)**

Everyday fom 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



luxury retreat

Montegrotto Terme (PD) +39 049 8911777

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