

Plaza

THERMAL
WELLNESS
MEDICAL

S M A R T M E N U



3	4
	
SPAS	WELLNESS SPA
11	12
	
COSMECEUTICS / SUPPLEMENTS VYTA	MED



SPAS

SPAS & THERAPIES

The natural thermal spa resources of Plaza and its waters are a source of health and well-being, a treasure we have used to develop a vast range of treatments and fitness programmes.

Thermal mud is an "ancient medicine" providing non-invasive treatment, will unparalleled properties and beneficial effects on the body.

Preparatory mud scrub 25' € 39	Enhanced therapeutic massage 25' € 40 50' € 60
Mud with thermal bath and ozone € 33	Medical check-up for admission to spa treatments € 32
Partial mud treatment (hands or feet) € 26	Inhalation € 10
Ozone supplement € 6	Aerosol € 10
Therapeutic massage 25' € 31 50' € 51	



SPA PACKAGES

6 TREATMENTS

Medical check-up + 6 thermal mud treatments + 6 thermal baths with ozone + 6 massages
25' | € 392

Medical check-up + 6 thermal mud treatments + 6 thermal baths with ozone + 6 massages
50' | € 506

10 TREATMENTS

Medical check-up + 10 thermal mud treatments + 10 thermal baths with ozone + 10 massages
25' | € 622

Medical check-up + 10 thermal mud treatments + 10 thermal baths with ozone + 10 massages
50' | € 812

12 TREATMENTS

Medical check-up + 12 thermal mud treatments + 12 thermal baths with ozone + 12 massages
25' | € 728

Medical check-up + 12 thermal mud treatments + 12 thermal baths with ozone + 12 massages
50' | € 956

MUD TRIAL

Medical check-up + 1 thermal mud treatment + 1 thermal baths with ozone + 1 massage
25' | € 94

Medical check-up + 1 thermal mud treatment + 1 thermal baths with ozone + 1 massage
50' | € 112

For package validity, treatments must be carried out in sequence. Otherwise treatments used out of sequence or any unused ones will not be refunded.



WELLNESS SPA

SPA AND WELL-BEING: THE NEW RITUALS

Plaza proposes a new spa experience: all the therapeutic virtues of thermal waters and muds enhanced with the art of massage, to hydrate, drain, shape and purify skin and body.

BACK & NECK MUD

Decontracting, calming, decongesting and anti-inflammatory
75' | € 97

TERMACTIVE – FACE AND BODY

Draining, reducing, detoxifying
75' | € 145

SUPREME ANTI-AGE

Elasticising, anti-ageing
75' | € 145

RICE GRAIN BODY SCRUB

Hydrating, nourishing
25' | € 39
50' | € 69

BODY TREATMENTS INTENSIVE BODY PATHS

FORMADREN

Eliminates bloating, detoxifying, modelling
1 treatment 80' | € 130
3 treatments 80' | € 351

FORMATONIC

Toning, firming, purifying
1 treatment 50' | € 110
3 treatments 50' | € 297

OMEGA REGENERANS

Anti-ageing, draining, rebalancing, antioxidant
1 treatment 50' | € 110
3 treatments 50' | € 297

9 DAYS PLUS

Draining, toning, revitalising
9 treatments | € 891

THALASSOTHERAPY PERFECT FIGURE

SLIM SALTS

Reactivate the energy of slimming, draining, exfoliating
50' | € 75

SLIM SEAWEED

Detoxifying draining
50' | € 75
80' | € 115

SLIM MUD

Re - plumping draining
50' | € 75

LIPOFLASH

Hot reducing wrap
50' | € 72

LIPOTONE

Cold firming wrap
50' | € 72

PATHS

DRAINING REDUCING EXPRESS

· 1 Slim Salt (50')
· 1 Slim Seaweed (50')
· 1 Slim mud (50')
3 TREATMENTS € 201

DRAINING REDUCING COMPLETE

· 1 Slim Salt (50')
· 1 Slim Seaweed (50')
· 1 Slim mud (50')
· 1 LipoFlash, reducing wrap (50')
· 1 LipoTone, cold wrap (50')
5 TREATMENTS € 331

HERBAL REHABILITATION

PEELING / HERBAL SCRUB

Draining, stimulating
50' | € 68

FLAT TUMMY

Against fat and bloating
50' | € 68

ANTI-CELLULITE

Against: orange peel skin, water retention, bloating, unsightly folds
50' | € 75
80' | € 119

TONING

Energising, toning
50' | € 75
80' | € 119

BODY BACK RELAX

Decontracting, decongesting, soothing
50' | € 68

PATHS

FORMA EXPRESS

· 1 Herbal peeling (50')
· 1 Anti-cellulite (50')
· 1 Toning (50')
3 TREATMENTS € 196

FORMA COMPLETE

· 1 Herbal peeling (50')
· 1 Flat Tummy (50')
· 2 Anti-cellulite (50')
· 1 Toning (50')
5 TREATMENTS € 325

LEG FOCUS

FULL LEG

· Phlebology check-up with 2 district echocardiography
· 4 therapeutic Kneipp paths + Hydrokinetic therapies (50')
· 2 Vodder method lymphatic drainage (50')
· 1 Leg Depuffing Treatment (50')
· 1 LipoTone, cold wrap (50')
4 DAYS € 623

LIGHT LEGS AND TONE

· 1 Vodder method lymphatic drainage (50')
· 1 Leg Depuffing Treatment (50')
· 1 LipoFlash, reducing wrap (50')
· 1 LipoTone, cold wrap (50')
3 DAYS € 249

LIGHT LEGS AND CELLULITE

· 1 Slim Salt (50')
· 1 Vodder method lymphatic drainage (50')
· 1 Slim mud (50')
· 1 Hemolymphatic massage (50')
· 1 Anti-cellulite treatment (50')
4 DAYS € 312





WELLNESS SPA

FACE TREATMENTS

BIODYNAMIC AROMATHERAPY FACIAL CLEANSER

Skin free from all impurities
50' | € 59

THERMAL PURE

Purifying, remineralising
80' | € 77

SENSITIVE

Decongesting, sensitive skin and
couperose
50' | € 65

HYDRADERM

For dry, delicate and stressed skins
50' | € 65

THERMAL OXYGEN

Oxygenates and regenerates skin
50' | € 79

METHODE

Youthfulness and lifting effect firmness
50' | € 75

MELAGEN

A more luminous complexion
50' | € 97

"PUSH-UP" FACIAL

Re-plumping, volumising
50' | € 97

OMEGA REGENERANS FACE AND EYES

Illuminates the gaze, relaxes the face
50' | € 97

FACIAL PACKAGES

SENSITIVE & COUPEROSE

- Sensitive
- Omegaregenerans draining,
soothing antioxidant
- Omegaregenerans draining,
soothing antioxidant

€ 236

WRINKLES AND FACIAL CONTOUR DEFINITION

- Omegaregenerans face eyes
- Method
- Push up

€ 264

DRY SKIN

- Omegaregenerans draining,
soothing antioxidant
- Hydraderm
- Hydraderm

€ 224

DARK SPOTS ON SKIN

- Melagen
- Oxigen Termal
- Melagen

€ 245

IMPURE, GREASY, STRESSED SKIN

- Thermal Pure facial cleanse
- Oxigen Termal
- Oxigen Termal

€ 207

Are you interested in aesthetic medicine? Request
an appointment with our specialised doctor

THERAPEUTIC AND DECONTRACTING MASSAGES

THERAPEUTIC

Decontracting, relaxing
50' | € 51

CRANIOSACRAL THERAPY

Corrects posture, relaxes
painful contractions
50' | € 72

BACK

Relaxes localised tension
25' | € 35

CONNECTIVE TISSUE

Activating, oxygenating,
soothing
25' | € 45
50' | € 85

SPORTY

Depuffing, decongesting
50' | € 68

VODDER METHOD LYMPHATIC DRAINAGE

Detoxifying, regenerating
25' | € 39
50' | € 62

HEMOLYMPHATIC

Oxygenating, purifying
50' | € 58

FOOT REFLEXOLOGY

Decongesting, relaxing,
soothing
25' | € 37
50' | € 55

DECONGEST SALTS

Eliminates fatigue
50' | € 72

BACK FOCUS

THERAPEUTIC BACK PATH

- 1 physiatric visit
- 1 hydrokinetic therapy (50')
- 1 kinesiotherapy
- 3 thermal mud with ozone
bath
- 1 osteopathy

4 DAYS € 343

BACK DECONTRACTION

- 1 Back & Neck mud (75')
- 1 enhanced therapeutic
massage (50')
- 1 body back relax

2 DAYS € 205

ARTHROSIS

- 1 rheumatological visit
- 1 hydrokinetic therapy (50')
- 1 kinesiotherapy
- 6 thermal mud treatments
with ozone bath

7 DAYS € 386

HERNIATED DISC

- 1 physiatric visit
- 3 kinesiotherapy
- 1 osteopathy
- 1 home programme guidance
session
- 6 thermal mud treatments
with ozone bath

7 DAYS € 515

PERSONAL BODY & MIND MASSAGES

MULTIMETODI MESSAGE

Energy and balance
50' | € 65

ANTISTRESS

Soothing relaxing
25' | € 38
50' | € 58

MIOFASCIALE

Antistress evolution
50' | € 75
80' | € 95

BERBER

Energising, velvetising
50' | € 75

POLYNESIAN TAURUMI

Harmonising, sensorial
50' | € 75
80' | € 95

STONE THERAPY

Relaxing
50' | € 75

SOOTHING RELAXING SERENITY

Face, head, scalp massage
25' | 44 €



WELLNESS SPA

ORIENTAL MASSAGES

TUI NA

Reactivates joints, muscles and energy
50' | € 69

THAI

Deep and digital pressure
50' | € 73

THAI WITH FLORAL OILS

Relaxing, rebalancing
50' | € 75
80' | € 95

AYURVEDA

Relaxing, activates vital energies
50' | € 72

AYURVEDA CON SHIRODHARA

Relaxing with pouring oil
80' | € 120

PINDA SVEDA NAM

Against heaviness and stiffness of the body
50' | € 105

SHIATSU

Rebalancing, postural, antistress (in comfortable clothing)
50' | € 69

RITUALS

BODY & MIND

Antistress, aromatherapeutic, powerful anti-oxidising and anti-ageing effect
50' | € 79

80' | € 99

Couple 50' | € 190

Couple 80' | € 210

SPICE SENSES

Euphoric and aphrodisiac effect
50' | € 75

80' | € 93

Couple 50' | € 150

BERBER RITUAL

Purifying, anti-ageing and nourishing
80' | € 85

SPA LOVE

Relaxing, sensorial
Couple 50' | € 145

ROMANTIC MASSAGE FOR COUPLE

The magic of complicity
Couple 50' | € 145

EXPECTANT WOMEN

SWEET SALT

Revitalising, anti-stress, nourishing
50' | € 75

SWEET TOUCH FACIAL CLEANSE

Purifies and delicately rebalances skin
50' | € 59

SERENITY FACE MASSAGE

Nourishment and luminosity
25' | € 44

DOLCE ATTESA (PREGNANCY) MASSAGE

Rebalancing, relaxing
50' | € 65

PACKAGE

DOLCE ATTESA (PREGNANCY)

- 1 Sweet Salt ritual (50')
 - 1 Sweet Touch facial treatment (50')
 - 1 Vodder method lymphatic drainage (50')
 - 1 Dolce Attesa Massage (50')
- 2 DAYS € 237

AESTHETIC SERVICES

MANICURE

30' | € 25

MANICURE AND APPLICATION OF NAIL POLISH

40' | € 30

MANICURE AND APPLICATION OF SEMI-PERMANENT NAIL POLISH

50' | € 55

PEDICURE

50' | € 48

MANICURE + PEDICURE

85' | € 70

AESTHETIC PEDICURE AND APPLICATION OF SEMI-PERMANENT NAIL POLISH

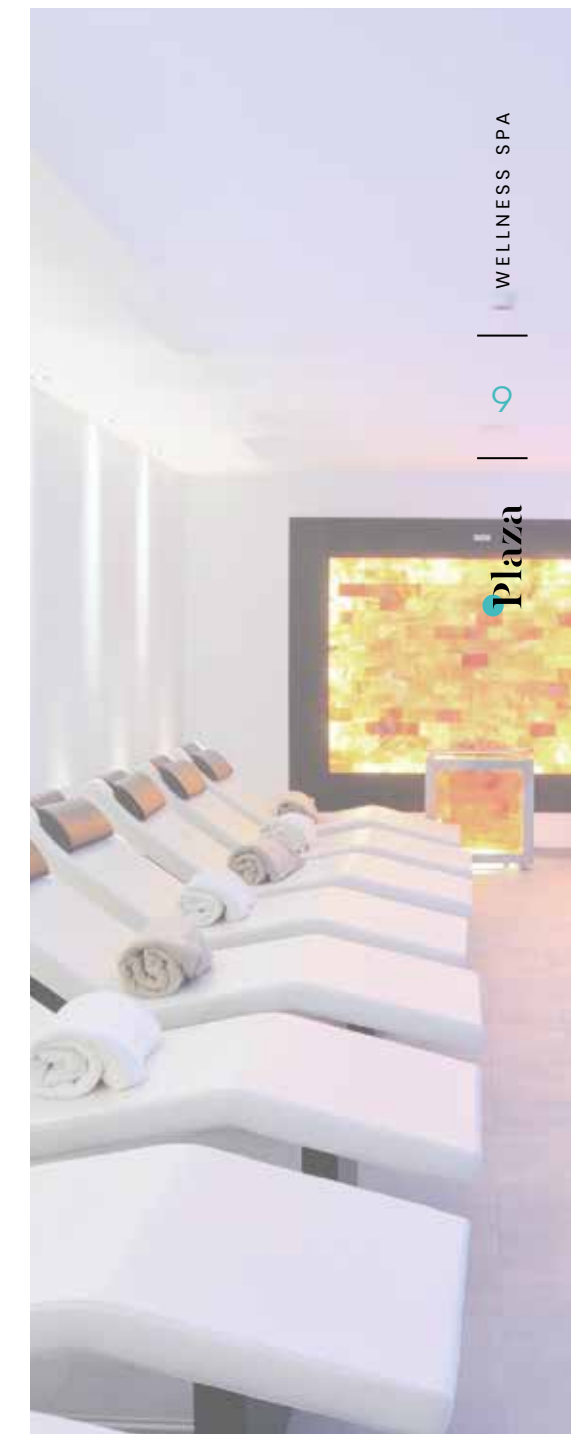
50' | € 55

EPILATION SERVICE

da € 15 a € 65

SPA CRISTALIA PATH

90' | € 25



BUSINESS & SPORT

SPORT SALTS

Decontracting, decongesting, revitalising
50' | € 75

HERBAL BODY BACK RELAX

Tired back, stiff neck
50' | € 69

BUSINESS MASSAGE

For him and her, always successful
50' | € 65

PACKAGE

BUSINESS & SPORT

- Sport Salts (50')
 - Business Massage (50')
 - Thermal cleansing facial (80')
 - Face and neck massage (25')
- € 236

PHYSICAL ACTIVITY

PERSONAL TRAINING AT THE GYM

50' | € 50

PERSONAL TRAINING AT THE POOL

50' | € 65

INDIVIDUALISED TRAINING GROUP AT THE GYM

50' | € 30

HYDROKINETIC THERAPY, PHYSIOTHERAPY AND OSTEO THERAPY

PHYSIOTHERAPY

25' | € 30
50' | € 60

HYDROKINETIC THERAPY

25' | € 35
50' | € 65

THERAPEUTIC KNEIPP PATH + HYDROKINETIC THERAPY

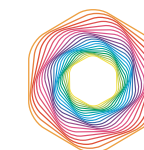
50' | € 65

OSTEOPATHY SESSION

50' | € 60



COSMECEUTICS / SUPPLEMENTS



VYTA[®]
LIFECLUB

THERMAL COLLECTION

DETERTONIC

200ml | € 32

THERMAL WATER SPRAY

200ml | € 39

INTENSIVE HYALURONIC ACID MOISTURISING CREAM

50ml | € 64

INTENSIVE HYALURONIC ACID SERUM

30ml | € 69

SOYA PROTEIN OXYGENATING CREAM

50ml | € 64

DETOXIFYING FACE MASK

100ml | € 39

RICE GRAIN SCRUB

200ml | € 39

MOISTURISING BODY BUTTER

200ml | € 49

BOOSTING COLLECTION

SUPREME REGENERATING ANTI-AGE SERUM

30ml | € 85

SUPREME REGENERATING ANTI-AGE CREAM

50ml | € 89

SUPREME EYE AND LIP CONTOUR SERUM

15ml | € 51

TONING SILHOUETTE CREAM

200ml | € 85

SLIMMING PUSH UP CREAM

200ml | € 65

WHITE ELASTICISING AND FIRMING MUD

600ml | € 67

BLACK ANTI-CELLULITE REDUCING MUD

600ml | € 67

SUPPLEMENTS VYTA

BEACTIVE	60 cpr	€ 45
BEFULL	60 cpr	€ 45
BESLIM	60 cpr	€ 45
BEPURE	60 cpr	€ 45
BEYOU	30 cpr	€ 45





AESTHETIC MEDICINE FACE AND BODY

First aesthetic medical visit
€ 80

Cryolipolysis
40' | € 180
60' | € 230

ANTI-AGE

Bio - revitalisation without seaweed. Face, neck, décolleté, arms, hands
from € 200

Bio - revitalisation with hyaluronic acid. Face, neck, décolleté, arms, hands
from € 200

Bio - revitalisation combined with EGF
from € 200

Biostimulation with PDO thread
from € 350

Treatments combined with dermaroller
from € 150

Combined peeling for acne treatment
from € 120

Reabsorbing facial filler
from € 280

Lip filler
from € 350

Nose filler
from € 450

Botulinum toxin
from € 250

Botulin for hyperhidrosis
from € 350

Tecar therapy with transdermal vehiculation
from € 80

Biostimulating threads
from € 200

BODY REMODELLING

Carboxytherapy
from € 80

Mesotherapy
from € 100

Tecar therapy with firming vehiculation
€ 100

Tecar therapy abdomen and legs
€ 120

Laser therapy for localised adiposity
from € 500

Sclerotherapy
from € 120

Biostimulating threads
from € 300

LASER TREATMENTS

Rejuvenation
from € 300

Scars
from € 150

Acne and acne scarring
from € 200

Dermatological surgery*
from € 150

Face couperose
from € 200

Angiomas
from € 150

Limb Telangiectasia (capillaries)
from € 200

**(removal of benign skin neoformations)*

SKIN SPOT TREATMENT

Hand laser treatment
from € 200

Face/ neck /décolleté laser treatment
from € 350

HAIR CARE TREATMENTS

Trichological visit
€ 60

Carboxytherapy
€ 100

Mesotherapy
€ 200

SPECIALIST MEDICINE

ANGIOLOGY AND VASCULAR SURGERY

Angiological visits
€ 150

Phlebological visits
€ 150

Vascular surgery visits
€ 150

DOPPLER ULTRASOUND OF ALL VASCULAR DISTRICTS

Supra-aortic trunks
€ 90

Large abdominal vessels
€ 90

Visceral vessels
€ 90

Renal arteries
€ 90

Upper and lower limb arteries
€ 90

Upper and lower limb veins
€ 90

Sclero-therapy for telangiectasia
€ 120

Laser therapy treatments for telangiectasia and venulectasia
from € 200

CARDIOLOGY

Electrocardiograph (ECG)
€ 30

Dynamic electrocardiograph (ECG Holter) 24 hours
€ 69

Continuous monitoring (24 hours) of arterial pressure
€ 65

Cardiology visit with ECG
€ 100

Cardiac stress test with cycle ergometer
€ 100

Full cardiopulmonary test
€ 130

Echocardiogram
€ 90

ENDOCRINOLOGY

Endocrinology visit
€ 120

Ultrasound of testicles, penis, thyroid
€ 75

PHYSIATRY

Physiatric visit
€ 100

Hyaluronic acid infiltration
€ 85

Infiltrations with steroids
€ 85



GASTROENTEROLOGY

Gastroenterological visit
€ 120

SPORTS MEDICINE

Non competitive sports fitness
medical visit with ECG
€ 50

Competitive sports fitness
medical visit
under 35 € 60
over 35 € 80

Certificates for vigorous
intensity sports activities
€ 80

Certificates for recreational-
motor sports
€ 50

NUTRITION

Dietology visit
€ 100

Bioelectrical impedance
analysis
€ 20

Calorimetry
€ 30

NUTRIGENOMICS AND ANTI-AGEING MEDICINE

Specialist visit with analysis of
constitutional profile
€ 200

Genetic tests with physical
profile assessment various
from € 113

PNEUMOLOGY

Pneumology visit
€ 100

Spirometry
€ 50

Global spirometry with DLCO
€ 70

Walking Test
€ 40

PSYCHOLOGY/ PSYCHOTHERAPY

Consultation and
psychological assessment
€ 90

Knowing how to listen to
yourself in order to love
yourself
€ 90

ULTRASOUND RADIOLOGY

Abdominal ultrasound
€ 85

Glandular ultrasound (salivary,
thyroid, testicles)
€ 75

Joint muscle - tendon
ultrasound
€ 75

Mammary ultrasound
€ 75

Echocardiography of supra -
aortic trunks, abdominal aorta,
lower limb arterial and venous
€ 90

RHEUMATOLOGY

Rheumatology visit
€ 100

CHECK UP

CARDIO CHECK-UP

· 1 cardiologic visit with ECG
· 1 echocardiography
TOT. € 190

PHLEBOLOGICAL CHECK-UP

· 1 angiological visit / vascular
surgery
· 1 echocardiography of supra -
aortic trunks
· 1 echocardiography of large
abdominal vessels
· 1 arterial venous
echocardiography
TOT. € 250

NUTRITIONAL CHECK-UP

· 1 nutritional visit
· 1 bioelectrical impedance
analysis
· 1 calorimetry
TOT. € 150

RESPIRATORY CHECK-UP

· 1 pneumological visit
· 1 complete spirometry
TOT. € 170

ETIQUETTE

BOOKING

All SPA services must be booked, to guarantee the best service.
All reservations can be made at the Spa reception. Our staff will
guide you so that you make the best choice. Hotel guests can dial
512 from their room. Otherwise, the Spa phone number is **+39 049
866 9333**, then press 4. We recommend that you book in advance
to ensure availability of desired treatments and times. You can
also book an appointment or request further information by con-
tacting us by email at: **wellness@plaza.it** or visiting our website:
www.plaza.it

ARRIVAL AT WELLNESS CENTRE

We advise that you arrive 10 minutes before your appointment.
Your late arrival will mean reduced treatment time as each ses-
sion must finish on time to guarantee the punctuality of the next
session.

CANCELLING A TREATMENT SESSION

All treatment sessions can be cancelled no later than 5 pm the
day before. Failure to do so will mean you will be charged the full
amount.

RELAX

The Spa is a place of tranquillity and relaxation, which is why we
ask you to switch off mobile phones.

CHANGE OF ROBE € 6
CHANGE OF POOL TOWEL € 4

*After a week's stay you are entitled to a change of robe or pool
towel free of charge.*

CHILDREN

Minors under the age of 16 years are not allowed inside the sauna
and the Spa Cristalia facility. Minors under the age of 18 years can
access all Spa services as long as they are accompanied by an
adult.

SUN

Before exposing yourself to the sun after a treatment session, we
recommend you ask your doctor or therapist whether there are
any contraindications. You are advised not to expose yourself to
the sun without protection after a treatment session.

THE SPA AT YOUR HOME

All products used during your treatment sessions are available for
purchase at the Spa Reception, so that you can continue the expe-
rience you started at the spa in the comfort of your own home and
reap the benefits for as long as possible.

Plaza

Plaza Hotel

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For info and booking

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