



...wellness, balance and harmony...

FROM EAST TO WEST

Leg massage 40 min € 85,00
A lymphatic drainage treatment conceived to alleviate the sensation of tired and heavy legs.

Holistic massage 60 min € 110,00
A treatment consisting of a series of holistic techniques designed to rebalance mind and body.

Shea petal massage 50 min € 120,00
A gentle treatment with emollient action which leaves the whole body soft and glowing.

Plantar reflexology 40 min € 75,00
A technique originating in the oriental tradition: stimulating and massaging a certain point on the sole of the foot generates a relaxation and rebalancing of the organism.

Hot Stone massage 50 min € 100,00 80 min € 130,00
A relaxing and unwinding massage. It combines the radiant heat of pumice with traditional massage techniques, alleviating both muscular and nervous tension.

Ayurvedic massage 60 min € 110,00 80 min € 140,00
A traditional Indian massage performed with hot oil that nourishes the skin, helps to prevent cutaneous ageing and stimulates blood and lymphatic circulation.

Pindasweda massage 50 min € 110,00
A treatment performed using hot oil and special pads filled with herbs. It is particularly suitable for problems of water retention, neck pain and muscular tension.

FACIAL TREATMENTS

Sarah Chapman Skinesis

A unique treatment conceived by the famous London-based facialist Sarah Chapman. A perfect blend of technique and cosmetic research which exploits powerful cosmeceutic serums with powerful repairing, lifting and firming action that give the face a healthy and youthful appearance. A sublime fusion of science and luxury in a treatment that delivers immediate results.

Signature Facial	60 min € 150,00
Skinesis Signature anti-ageing treatment	90 min € 180,00
Signature Stem Cell Add-On per vial	€ 120,00

Face cleansing 45 min € 110,00
A treatment aimed at correcting the most common facial skin imperfections.

Eye recovery treatment 30 min € 50,00
The traces of stress and tiredness disappear while puffiness and dark circles are significantly reduced. The perfect complement to every type of facial treatment.



WELLNESS AND BEAUTY ITINERARIES

Products based on aromatic herbs, moisturising oils and pure essential oils from the ancient herbal workshop of the Officina Profumo-Farmaceutica of Santa Maria Novella.

Iris ritual 60 min € 140,00
A combination of body treatments with the exclusive use of orris rhizome powder (Polvere di Ireos, made from the Florentine iris) which regenerates the skin and offers unforgettable sensations. The skin is infused with new energy and the treatment produces a lasting youthful and fresh appearance.

Rose ritual 60 min € 140,00
This body moisturising ritual comprises a delicate exfoliation followed by the application of regenerating creams and oils enriched with rose extract, which boasts well-known revitalising properties.

Grape seed ritual 60 min € 140,00
Red wine has always been considered the nectar of eternal youth, on account of its high antioxidant and vitamin content which combats the effects of ageing due to external factors. This exclusive exfoliating treatment stimulates blood circulation and eliminates impurities. Followed by a revitalising massage.

Olive oil ritual 60 min € 140,00
This exclusive treatment is particularly suitable for dry or dehydrated skin. A selected variety of olive oil – or “liquid gold” – is used, which is applied and massaged by expert hands to enhance the elasticity of the skin, giving it a more toned, compact and radiant appearance.

SANTA MARIA NOVELLA BODY EXFOLIANTS

Aromatic plants ritual

30 min € 60,00

Designed to counteract the natural ageing process and restore a youthful and fresh appearance to the skin. It stimulates blood circulation and eliminates excess liquids.

Aromatic salt ritual

30 min € 60,00

A light scrub with sea salt to delight the senses and relax the mind. A blend of extremely pure specifically selected essential oils is combined with hot oil and massaged into the body, unleashing intense and intoxicating perfumes.



BEAUTY

Manicure	45 min € 40,00
Pedicure	60 min € 70,00
Polish change	€ 20,00

Holistic foot ritual	40 min € 60,00
Exfoliating and nourishing treatment for the sole of the foot.	

Holistic hand ritual	30 min € 40,00
Revitalising nourishing-effect hand treatment.	

Waxing

Body	from € 20,00 to € 80,00
Face	€ 15,00
Eyelash / Eyebrow tinting	€ 25,00

Hairdresser on request service

(contact the concierge on 055/22879503 or from your room on extension 503)

DAY SPA PACKAGES

Rosa Eugenia 90 min € 150,00
Rose scrub
Comforting lavender body pack
Relaxing massage

His and hers 90 min € 250,00
Salt ritual
Couples massage

Orange blossom 90 min € 390,00
Couples massage
Illuminating treatment for her
Relaxing treatment for him

Spa Express € 70 for 40 min
min. session. Spend your lunch break regenerating
body and mind, body massage and face mask
* Admission to wellness area for € 15 extra

Spa Break € 110 for 2h and 30'
Indulge yourself in a dream break!
1 Mini Facial Treatment, 1 Body massage,
1 wellness itinerary and choice of a Mini Lunch
from the "La Spa Menu"



WELLNESS AREA

This area designed to endow harmony and peace is where you can enjoy a herbal tea in total tranquillity; due to being a unisex area for both men and women it is compulsory to wear a bathing costume and slippers.

The wellbeing area consists of a sauna, Turkish bath, Jacuzzi, emotional showers and relaxation zone.

FITNESS AREA

Physical exercise in all its facets is an essential component for the achievement and maintenance of a state of psychological and physical wellbeing. Our gym is furnished with Technogym equipment .

* **Yoga**

Yoga is an ancient discipline that aims to provide enormous benefits to both the body and mind of those who practice it

- in the morning to wake up the muscles
- in the evening to restore energy to the body and loosen muscular contractures

* **Guided tours**

Three levels of difficulty, by bike or on foot (with picnic lunch prepared by the chef)
Soft 7 km, Medium 15 km, Strong 30 km

* **Previous a reservation and availability**

Lesson with personal trainer



SPA ETIQUETTE

BENè offers an environment designed to foster harmony and relaxation. We are grateful to our guests for contributing to the easeful hush of our wellness area by speaking in calm and quiet tones, and turning off their mobile phones. We remind guests that it is prohibited to bring food and drinks into this area, and that there is no admission for your four-legged friends.

Clothing

We recommend that you enter the wellbeing area wearing the bathing costume, bathrobe and slippers you will find in your room. If necessary, we will gladly provide these for you. During the treatment it is recommended to wear the disposable slips provided by our staff. Our professional therapists will ensure the utmost in comfort by covering the body areas not subjected to cosmetic treatments.

Valuable possessions

We recommend that guests leave their valuables in the safes provided in their rooms, or hand them in at reception for safe keeping. The Management does not accept any responsibility in case of the loss or theft of personal belongings inside the wellness area.

Special health conditions

In the case of health issues or for guests who are pregnant, we would kindly ask you to inform our personnel at the time of booking the treatments. Some treatments may not be advisable or suitable.

Choice of treatment

Guests can find the complete list of the treatments offered by the BENé spa and wellness area in the brochure in their rooms or on our website. If you require help in the choice of a treatment, please contact the staff directly by calling 055/22879525 or extension 525 from your room. We recommend reserving the chosen treatment in advance.

Maximum benefit from the chosen treatment

We suggest that guests arrive 20/25 minutes before the appointment and indulge in a 10-minute sauna to relax the muscles, followed by an aromatic cold shower and 10 minutes in the relaxation area.

During the treatment

Our absolute priority is to satisfy our guests' needs and live up to their expectations. We therefore ask you to kindly tell the therapist if you feel uncomfortable during the treatment (for example about the pressure of the massage, the music, the temperature etc.) The personnel of the wellness area will immediately resolve the problem to ensure you the maximum possible comfort.

Cancellations

Any cancellations or changes of appointment times must be communicated at least 24 hours in advance. Cancellations made less than 24 hours ahead of the appointment time and "no shows" will be liable for the entire charge of the booked treatment.

Alcoholic drinks

We recommend that guests should not consume alcoholic drinks during or immediately after treatments.

Shaving/Depilation

In general we suggest that guests should shave or perform depilation before any treatment. In the case of facial treatments for men, we recommend that shaving should be performed at least two hours before the treatment.

Minimum age

Guests under the age of 12 are not allowed into the wellness area. Children are welcome for the facial, hand and foot treatments: however access to the gym and the wellness area is restricted.

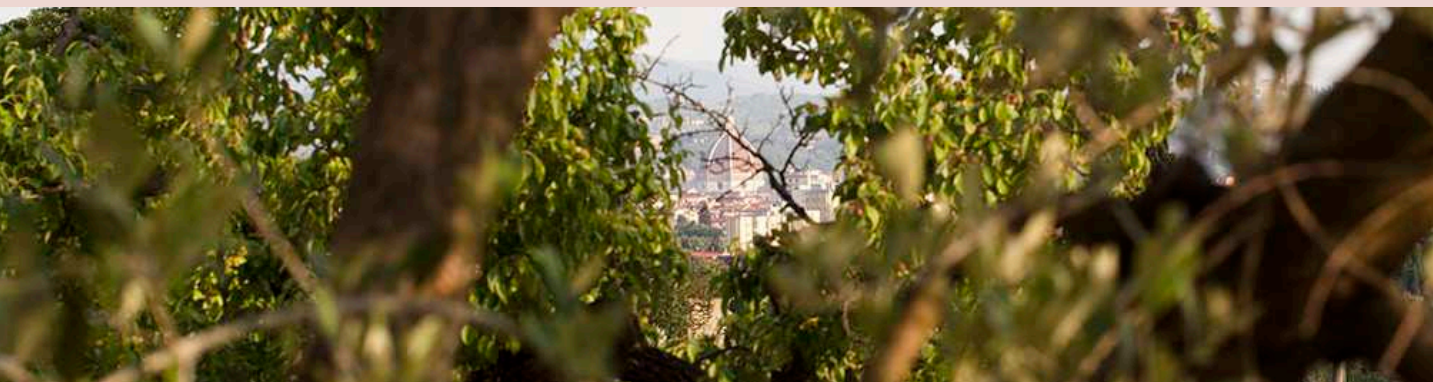
Gift Cards

A wonderful gift for every occasion. We invite you to contact the personnel of the spa and wellness area for information and purchase. The vouchers cannot be refunded, nor transferred nor transformed into cash.

Please call 055/2287525 or extension 525 from your room.

Payment

All major credit cards and cash are accepted for payment. For the guests of Villa Cora, the treatments booked in the spa and wellness area can be charged to the hotel account.



SARAH
CHAPMAN
London



Casa Fondata nell' Anno 1612