



WELLNESS CENTER

Hotel Miramare e Castello

HEALTH CENTER

Hotel Mare Blu

OPENING HOURS - WELLNESS CENTER

"Hotel Miramare e Castello"

We are open every day from 9.00 a.m. to 7.30 p.m.

For information and reservations please dial ext. n.460

OPENING HOURS - HEALTH CENTER

Hotel Mare Blu

We are open from Monday to Saturday from 7.00

a.m. to 1.00 p.m. and from 5.00 p.m. to 7.30 p.m.

For information and reservations please dial ext.

n.265

As a courtesy to other guests of the hotel and our therapists, will you please give us four hours advance notice in case of cancellation of an appointment.

Otherwise, you will be charged 50% of the treatment price.

The Management will accept no responsibility for any loss or damage sustained by items left unattended at any time.







ALYSANDY SPACE

The main purpose of the **Alysandy Space** is to guarantee the psychophysical wellness of its guests, for this reason, in order to give you a unique and sublime experience, it involves its two 5-stars structures: "**Hotel Miramare e Castello**" with its **Wellness Center** and "**Hotel Mare Blu**" with its **Health Center**, with the assistance of highly skilled personnel.

Our Health and Wellness Centers are your oasis to relax, a retreat from urban stress, a dedicated space for the body and the mind that will wrap you in the delicate scent of the essential oils, the musical notes and the warm light of the candles.

The **Wellness Center** is a special place where ancient traditions and contemporary rituals combined with expert hands come together to give you a deep sense of relaxation and psychophysical wellness.

Here you can enjoy the benefits of a program that aims to prevent or alleviate stress-related disorders, thanks to the beneficial effects of the whirlpool, the Finnish sauna, the turkish bath with chromotherapy, the emotional chromo-therapeutic shower and the ritual massages that rebalance body, mind and soul.

In this sensorial journey, made even more enjoyable by the music therapy (the soft music in the background), our staff will offer and help you choose among a wide variety of natural herbal teas suitable for every need.

The **Health Center** is an enchanted place thanks to the four natural and healing factors of the place: the sun, the sea, the mud and, above all, the "Mirtina" water.

The "Mirtina" water, known since 1600, according to a legend gushes <<where the rays of the sun gild the earth and the air smells of myrtle, there lies a great treasure>>, that is to say that it gushes from the place where the sun rays, going through the window of a historic building of Ischia surrounded by myrtles, penetrate the ground turning the water below into <<a treasure: the source of eternal youth>>. Its characteristic burnished color is due to sun exposure of the minerals contained in the water itself.

It is ideal to treat and prevent bronchitis, rhinitis, sinusitis and other respiratory problems, metabolic disorders such as obesity and gout, myalgia, inflammations, fractures, arthrosis, arthritis, rheumatism, tendonitis, heel spurs, and skin diseases such as cellulite, rashes, acne and eczema and gynecological diseases.

Moreover, thanks to its composition rich in mineral salts, chloride and sodium this water with its revitalizing properties is also suitable for balneotherapies, mud therapies, aerosol, inhalations and ozonizings.

Chemical and physical analysis: Analysis of the residual ion mg/l

Sodium	Na+	9500	Manganese	Mn++	7,34
Potassium	K+	460	Chloride	Cl-	16840
Calcium	Ca++	393	Sulfate	So-4	1950
Magnesium	Mg++	1132	Hydrogen carbonate	Hco3	1269
Iron	Fe+++	10,2	Silica	Sio2	64,2





WELLNESS CENTER



MIRAMARE CASTELLO

FACIAL TREATMENTS

Active Pureness Rebalancing	60'	85,00 €
Purifying and rebalancing treatment		
Hydrmemory	45'	80,00 €
24h deep hydrating treatment		
Skin Resonance	45'	80,00 €
Soothing and protective treatment		
Recover Touch	45'	85,00 €
Deep anti-oxidant, vitaminic and nourishing treatment		
Action Sublime	45'	80,00 €
Anti-aging treatment, filler effect with jaluronic acid		
Glorious Skin	60'	110,00 €
Anti-aging treatment, lifting effect		
Skin Regimen Face	60'	110,00 €
Longevity" facial treatment, tonifying and elasticizing		
Eye Supreme + Lip Blooming	45'	65,00 €
Multiactive anti-aging eyes and lip treatment		
Micro Massage eyes with filler	30'	50,00 €
Eyes micro massage with filler		
Facial lymphatic drainage	30'	40,00 €
Facial lymph drainage massage with detoxifying, purifying and tonifying action		

FACIAL TREATMENTS FOR MAN (MAN SPACE)

Pure Performance	45'	80,00 €
Purifying treatment		
Hydra Performance	45'	80,00 €
24h deep hydrating treatment		
Anti-age Performance	60'	100,00 €
Anti-aging treatment		



BODY TREATMENTS

Alysandy Scrub	30'	60,00 €
Exfoliant treatment with Ischia citrus or coffee		
Aromasoul Ritual Scrub	45'	60,00 €
Regenerating and exfoliant aromatherapeutic treatment		
Sacred Nature	75'	130,00 €
Anti-aging, nourishing and protective bio-treatment for face and body		
Body Strategist + Firming	45'	75,00 €
Nourishing and elasticizing treatment		
Body Strategist + Algae Peel-off	60'	90,00 €
Slimming and tonifying algae treatment		
Body Strategist + Cellulite Refiner	45'	85,00 €
Draining and remodelling treatment for cellulite		
Body Strategist + Cellulite Bandages	50'	70,00 €
Draining treatment for cellulite with bandages		

Body Strategist + Resource Oils	45'	70,00 €
Refreshing, draining and tonifying treatment for cellulite		
Mud	45'	75,00 €
Reducing treatment with thermal mud		
Mud Therapy	45'	75,00 €
Detoxifying treatment with marine sediments		
D-age	60'	80,00 €
Firming and elasticizing anti-aging treatment		
Skin Regimen Body	60'	110,00 €
Longevity body treatment, tonifying and elasticizing		
Body Strategist + Bust Treatment	40'	70,00 €
Tonifying and firming bust treatment		



EPILATION

Complete epilation Total leg	50,00 €
Partial epilation Half leg +groin	30,00 €
Sensitive areas epilation Armpit or groin	15,00 €
Facial epilation Upper lip or eyebrows	10,00 €
Back and chest epilation	30,00 €
Eyebrow or eyelashes tinting	35,00 €
Permanent eyelashes wave	45,00 €

HAND AND FOOT

Manicure	25,00 €
Aesthetic Pedicure	35,00 €
Curative Pedicure	60,00 €
Semi-permanent nail polish and manicure	50,00 €
Nail polish change	10,00 €
Lushly hands and feet Refreshing and deeply nourishing treatment for hands and feet	45,00 €

MASSAGES

Antistress massage	50'	80,00 €
Ayurvedic massage	50'	80,00 €
Relaxer massage	60'	90,00 €
Partial lymph drainage	30'	40,00 €
Total lymph drainage	50'	80,00 €
Plantar reflexology	45'	65,00 €
Scalp massage (revitalizing pack with argan oil)	30'	45,00 €
Full body circulatory massage (N)	40'	60,00 €
Revitalizer massage (N)	60'	90,00 €
Sport massage (N)	50'	80,00 €
Biodinamic massage (N)	50'	80,00 €
Therapeutical lymph drainage (N)	60'	90,00 €

RITUAL MESSAGES

Tibetan sound massage	80'	130,00 €
Indian massage	75'	110,00 €
Mediterranean massage	60'	80,00 €
Hot Stone massage	60'	100,00 €
Tuina massage	60'	90,00 €



HEALTH CENTER



Hotel Terme Mareblu

BODY TREATMENTS

Body peeling Exfoliant treatment	20'	40,00 €
Mud Scrub Exfoliant treatment with mud	20'	40,00 €
Alysandy Scrub Exfoliant treatment with Ischia citrus or coffee	30'	60,00 €
Cryotherapy Cold bendages for legs to firm and improve microcirculation and circulatory system	20'	35,00 €
Heavy legs treatment Lymphatic drainage treatment for legs	50'	75,00 €
Body Strategist + Firming Nourishing and elasticizing treatment	45'	75,00 €
Body Strategist + Resource Oils Refreshing, draining and tonifying treatment for cellulite	45'	70,00 €
Body Strategist + Cellulite Refiner Draining and remodelling treatment for cellulite	45'	85,00 €
Body Strategist + Cellulite Bandages Draining treatment for cellulite with bandages	50'	70,00 €
Anti-cellulite treatment with mud Remodelling anti-cellulite treatment	45'	75,00 €
After sun Treatment Soothing, moisturizing and regenerating treatment	45'	70,00 €
Cold mud wrap Application of cold mud with detoxifying and anti-fatigue action	30'	40,00 €
D-age Firming and elasticizing anti-aging treatment	60'	80,00 €
Sacred Nature Anti-aging, nourishing and protective bio-treatment for face and body	75'	130,00 €

THERMAL TREATMENTS

Application of warm mud approx. 42°/45° for osteopathic pathologies for approx. 15 minutes

Medical examination		50,00 €
(Required per cycle of mud therapy and thermal care program)		
Medical consultation		30,00 €
Mud wrap with thermal bath and ozone		45,00 €
Mud wrap with thermal shower		30,00 €
Partial mud wrap (only hands or feet) with thermal bath and ozone		35,00 €
Partial mud wrap (only hands or feet) with thermal shower		20,00 €
Thermal bath with ozone		28,00 €
(For dermatological and muscular pathologies, myalgia and tissue oxygenation)		
Inhalation		16,00 €
(Nebulization with thermal water steam for the lower respiratory tract: pharyngitis, laryngitis, chronic bronchitis)		
Aerosol		16,00 €
(With thermal water for the upper respiratory tract: sinusitis, rhinitis)		

OSTEOPATHIC TREATMENTS

Osteopathic examination	30'	30,00 €
Osteopathic treatment	60'	110,00 €
Cranio-Sacral therapy	60'	110,00 €
Therapeutical lymph drainage	60'	90,00 €
Kinesitherapy	30' / 60'	50,00 € / 70,00 €
Hydrokinesitherapy	30'	50,00 €
Neuromuscular Taping	30'	40,00 €



THERAPEUTICAL MASSAGES

Partial local massage	20'	35,00 €
Full body circulatory massage	30'	50,00 €
Massotherapy	30'	60,00 €
Connective tissue massage	40'	60,00 €
Neuromuscular massage	50'	80,00 €
Sport massage	50'	80,00 €
Plantar reflexology	45'	65,00 €
Shiatsu	60'	90,00 €
Thai Shiatsu	60'	90,00 €
Tao Abdomen	20'	40,00 €
Back and Neck with mud	50'	80,00 €



BODY WELLNESS

Aromatic bath	20'	20,00 €
Ayurvedic massage	50'	80,00 €
Aromatic massage	50'	80,00 €
Antistress massage	50'	80,00 €
Alysandy's 4 hands massage	45'	110,00 €
Five continents massage	80'	110,00 €
Partial lymph drainage	30'	40,00 €
Total lymph drainage	50'	80,00 €
Indian foot treatment	60'	70,00 €
Treatment for couples		260,00 €
(Body scrub for two, Aromatic bath for two, Antistress massage for two)		

