

RELAX SPA

EFFECTIVE RELAXING



English version



VALLE DEL MARTA

PSYCHOPHYSICAL BALANCE IS WHAT WE ALL
NEED TO REACH THE PERFECT
PSYCHOLOGICAL AND EMOTIONAL
WELLBEING.

VALLE DEL MARTA SPA IS A NEW CONCEPTED
STRUCTURE CREATED FOR YOUR BODY AND
MIND RELAXATION.

ALL TREATMENTS ARE DESIGNED TO PROVIDE
YOU WITH TOTAL WELLBEING AND IMPROVE
YOUR LIFE QUALITY.

LET US GUIDE YOU THROUGH OUR
PHILOSOPHY, SO THAT WE CAN OFFER YOU A
MOMENT OF PURE RELAXATION.



Rita Giovannangeli

SPA

The center is divided into four main areas: one with Jacuzzis, sauna and relaxation area, one with the Hado pool, one with two tubs for scented baths, and one with cabins for massages, Nuvola and the Salt Room.



SPA entrance (80 minutes)

€ 20,00

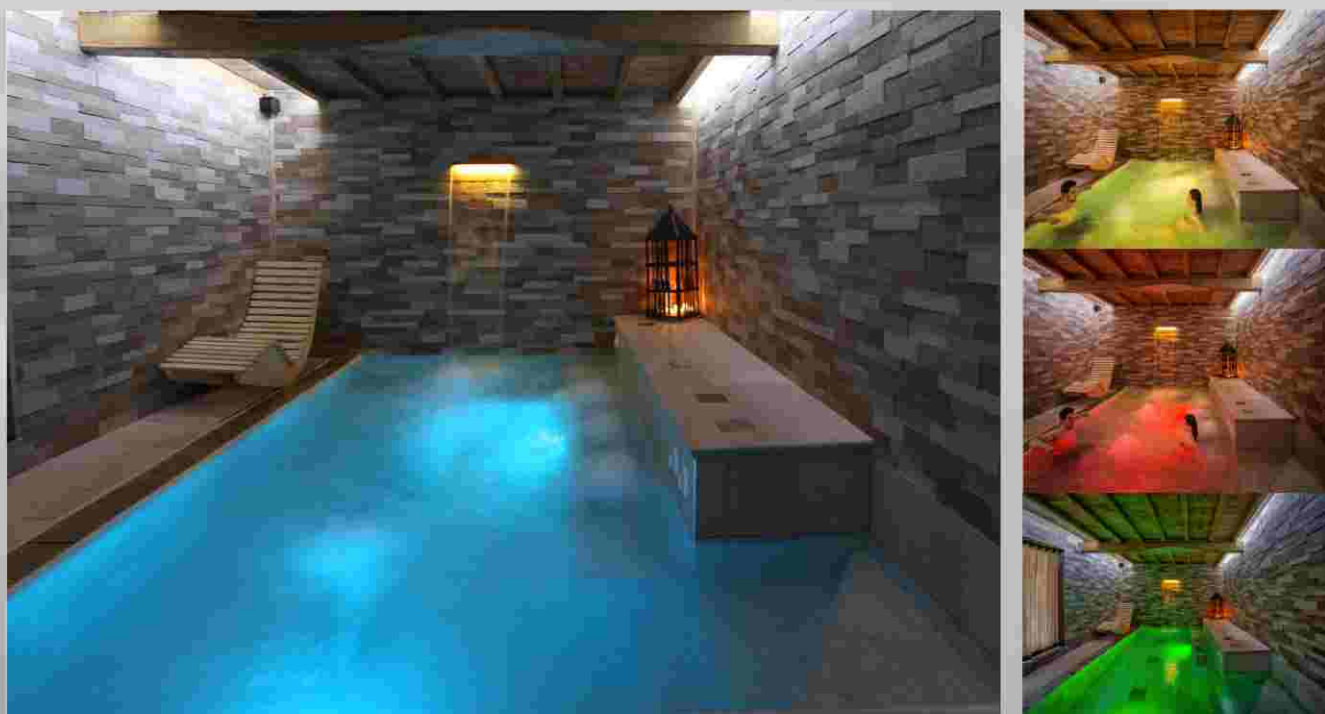
The path in the SPA consists in Jacuzzis, sauna and relaxation area.



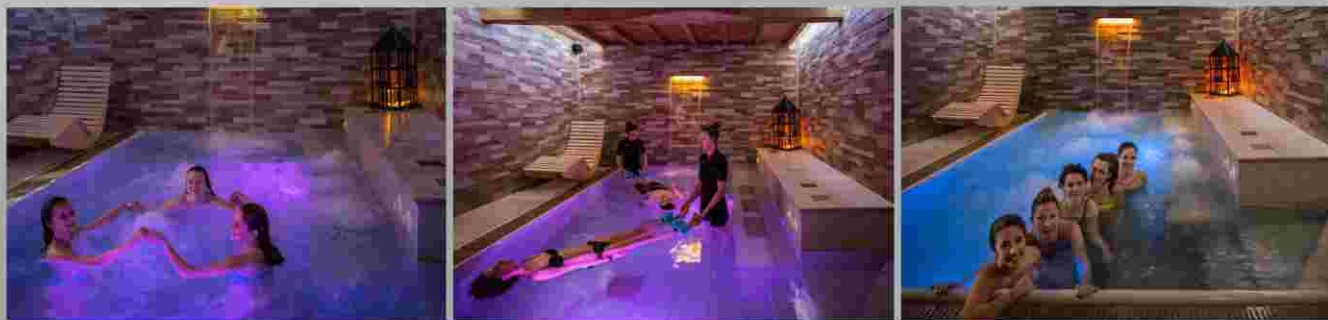
HADO POOL

It is a special pool built from volcanic stones, typical of thermal areas (i.e., Paleo-Bolsena ignimbrites, ash-grey tuffaceous rocks already used by the Etruscans) and filled with pure saline water. A particular frequency of music is spread through the water.

Recent studies have demonstrated that water molecules follow an orderly movement, in spite of moving chaotically as they normally do, if stimulated by the elements mentioned above (i.e., volcanic stones and music). The Japanese physicist Masaru Emoto and many others (such as the 2008 Nobel prize Montagnier) argue that not only is water able to memorize, but also to receive and send back sound waves. Moving from these premises, the Hado pool (from the Japanese “crest of the wave” or “energetic vibration”) was built at Valle del Marta to make you feel a powerful sense of relaxation. Inside it you can receive exclusive treatments to relax your body and mind.



Hado is a Japanese word meaning “crest of the wave”. This term indicates the extreme fine energy vibration that lies behind the pool's creation. The Hado pool created inside the SPA has warm, slightly salted water, a musical frequency transmitted directly into the water and some volcanic stones typical of the thermal baths of the territory of Toscana. From the interpretation of the scientific studies of the physicist Masaru Emoto, it is believed that bathing in water with such characteristics can create a strong and beneficial relaxation for both your body and mind.



Thanks to the special properties of the water, this pool is perfect for several treatments. Even small children can benefit from it. It can accommodate up to a maximum of 10 people, but it is mainly recommended as a romantic gateway.

HADO POOL



Exclusive couple access to the Hado pool (60 minutes):

€ 60,00

Exclusive couple night access to the Hado pool (60 minutes):

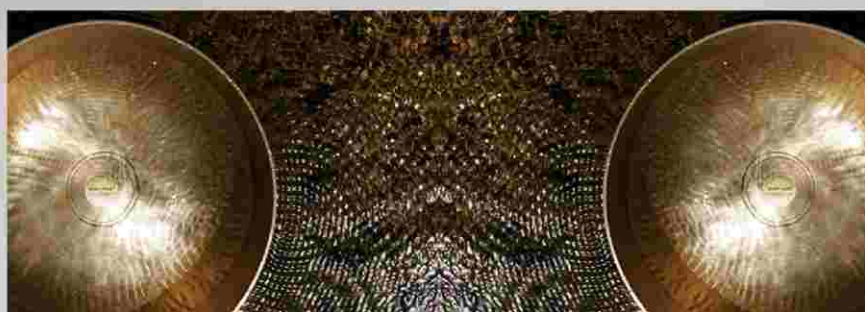
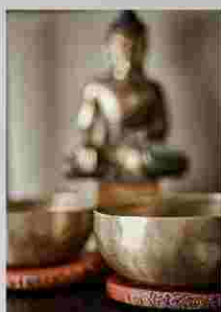
€ 80,00

It is a unique 1-hour relaxing treatment inside the Hado pool. The treatment consists in two phases: the first is a sort of ritual, carried out with the help of the beautician, which is intended to make you familiarize with the aquatic environment and the absence of gravity. In the second phase, music therapy spread directly through the water, along with chromotherapy and aromatherapy, will create the right atmosphere for your complete relaxation. (30 minutes with the beautician + 30 minutes alone in the pool)

Water foot reflexology (60 minutes):

€ 80,00

The massage is carried out inside the Hado pool, combining the benefits of foot reflexology with those of hot water, thus creating a deep feeling of wellbeing for your body and mind. Once the treatment is over, the hydromassage will complete muscular relaxation. (30 minutes of reflexology + 30 minutes alone in the pool)



Water music therapy (60 minutes):

€ 80,00

This treatment aims to awaken both your body and mind, thus harmonizing them. With the help of the Hado pool, whose molecules are modified, Tibetan bells are put close to your chakra points, their sound creating strong vibrations able to revitalize your senses. The very moment you feel these vibrations, a pleasant relaxation takes away all the negativity you collected. (30-minute treatment with bells + 30 minutes alone in the pool)



Energy and vibrations (30 minutes):

€ 60,00

Regenerate yourself with the energy and vibrations of Tibetan bells.

"Vibration is the origin of all, vibration is sound, and sound is life."

Tibetan bells, used since ancient times, played with wooden clappers, emit harmonic frequencies that stimulate your brain, and induce calm. The result of this treatment is a sense of calm that re-establishes your psychophysical balance. (The treatment is performed in the SPA)

NUVOLA (lit. «cloud»)



Nuvola treatment:

€ 25,00

It is an exclusive treatment that allows complete relaxation of your body and mind. The sensation of floating in zero gravity, the warmth of the water, and the enchanting effect of color therapy produce total relaxation. It is certainly an experience you have never tried before. The duration of this treatment can vary; it can last for 20,30 or 40 minutes.



THALASSOTHERAPY

Halo relax (60 min.).

€ 65,00

This package includes access to the salt room and Hado pool. The salt room, combined with salt scrub (which takes place naturally inside the pool by rubbing the skin with water moved by jets of hot air), is a complete treatment that integrates the benefits of the dry salt in the salt room with the natural scrub that occurs in the Hado pool. Your skin will be revitalized and smoothed, and your microcirculation will be stimulated as well.



Body scrub with sea salt (100 minutes):

€ 145,00

This package includes access to the salt room, body scrub with sea salt, and the Hado pool. A light salt scrub, which occurs naturally by rubbing the skin in contact with salt water moved by jets of air inside the pool, will prepare your body for the next parts of the treatment that will be performed in the cabin by the expert hands of our beauticians. The sea salt scrub is a powerful anti-bacterial agent that cleans your skin deeply and makes it bright and compact.

Treatment with salt and sea mud (140 minutes):

€ 190,00

This package includes four body treatments: sea salt scrub, sea mud, relaxing massage, and access to the Hado pool at the end of the treatment. This package is undoubtedly the most complete of its kind because the beneficial effects obtained with thalassotherapy are added to those of the mud, which has a powerful draining action, contributes to the elimination of excess fluids and toxins, and promotes venous and lymphatic circulation.

Seaweed relaxation (100 minutes):

€ 140,00

This package includes an algotherapy treatment, access to the Hado pool, and a relaxing massage with scented oil. The exfoliating effect that the saltwater produces on your skin, when sprayed through jets of hot air, prepares your body for the algotherapeutic treatment. A mixture of seaweed will be applied all over your body and left to penetrate in depth. Afterwards, a nice hot shower and a relaxing massage with scented oil will complete the treatment, giving you a feeling of extreme relaxation.

What is thalassotherapy?

The term "thalassotherapy" comes from Greek (thalassa=sea; therapia=cure). These elements are the basis of a long-standing practice known to the Egyptians, Phoenicians, Greeks, and Romans, who considered seawater and thermal baths an outstanding opportunity to benefit from unique properties and products such as algae and mud to stimulate, remineralize, relax, and regenerate the body.



Thalassotherapy has many therapeutic properties, e.g., it increases basal metabolism, thanks to the iodine that stimulates your body and helps to burn fat, it improves circulation thanks to the massage effect naturally produced by water, and strengthens your muscles, also speeding up the blood flow. The mud treatment and salt scrub help to smooth your skin, making it more compact and toned. Thalassotherapy also has considerable benefit to those who suffer from skin problems and diseases.

For whom is thalassotherapy useful?

Thalassotherapy is generally indicated for adults and children, even for pregnant women. In particular, it is indicated for those who suffer from skin diseases, such as psoriasis, dermatitis, eczema, and erythema, as well as respiratory diseases, asthma, sinusitis. Nevertheless, people affected by diseases of the nervous system, e.g., epilepsy and hysteria, should avoid this treatment.

HALO THERAPY

Salt Room

€ 30,00

It is an area dedicated to bio-architecture, whose conception has very ancient origins. It is a room lined with sea salt. Inside it, you can feel a sense of wellbeing due to the color and smell of salt. The beneficial properties of this mineral produce a pure microclimate, which is then kept constant in temperature and humidity. Salt can ionize the air around you, rebalancing the presence of positive and negative ions. Through a chemical process, the air becomes healthier, and it is scientifically proven that inhaling it helps to fight many forms of respiratory and dermatological diseases, since salt is a natural antibacterial. Sitting in the room helps to reduce tension. Various scientific studies carried out in eastern Europe have shown that the effect produced by this 30-minute treatment inside the salt room brings the same benefits of three days at the sea. It helps to solve problems of your respiratory tract both in children and adults, helping your body to better face winter days. The salt room has no specific contraindications.



Reshaping anti-cellulite treatment with Epsom salts:

€ 120,00

This treatment uses this extraordinary mineral, extracted in the English town of Epsom, Surrey, from which it takes its name. Its chemical composition is magnesium sulfate, and this makes the salt act as a "repairer" of the annoying effects produced by cellulite. The treatment includes a 35-minute hot bath, so that the effect of salt decreases muscle tension. Moreover, if let dry naturally without rinsing with running water, the treatment increases the level of magnesium contained in your skin. Lastly, legs are wrapped in bandages up to the lower part of your glutei and your face is dabbed with a warm cloth soaked in water and salt. After rinsing with cold water, your skin will be smoother and softer than ever. (90 minutes)



Total body scrub with Epsom salts:

€ 80,00

You will get a massage with a mixture of scented oils, honey, and Epsom salts all over your body to eliminate dead cells. Your skin will immediately appear smoother, brighter, and ready to receive the active ingredients of the cosmetics applied later. (40 minutes)



OTHER TREATMENTS

"Physiorelax" facial massage (30 minutes):

€ 45,00

It is based on the principle of acupressure.

Suitable for relaxing your facial muscles and cranial lid. It is very effective as an aesthetic massage and useful for those who suffer from couperose and the first signs of aging, as it acts on the circulation. Thanks to finger pressure and decompression, this massage stimulates both blood and lymphatic circulation and so it drains liquids.

Body and soul awakening (40 minutes):

€ 80,00

This treatment is designed to recreate a good balance between body, mind, and soul. It takes place inside Nuvola. Nuvola allows your body to float in water, but without getting wet, thus reproducing zero gravity. Color therapy and music create the right atmosphere. After immersing yourself inside Nuvola, the expert hands of our beautician place seven hot lava stones in correspondence with the chakra points in order to eliminate all tensions. At the same time, the beautician begins a gentle head massage, while the flows of water produced by Nuvola accompany the treatment until its very end.

Perfumed bath (20 minutes):

€ 25,00

This treatment can be received by two people at the same time. (€25.00 per person)

Surely, everyone has experienced the beneficial effects of a nice hot bath in moments of stress or tension. Because of its compatibility with our body, water can make us feel relaxed and contribute to our wellbeing.

Moreover, history teaches us that many medicinal herbs or essential oils produce certain beneficial effects, when dissolved in hot water.

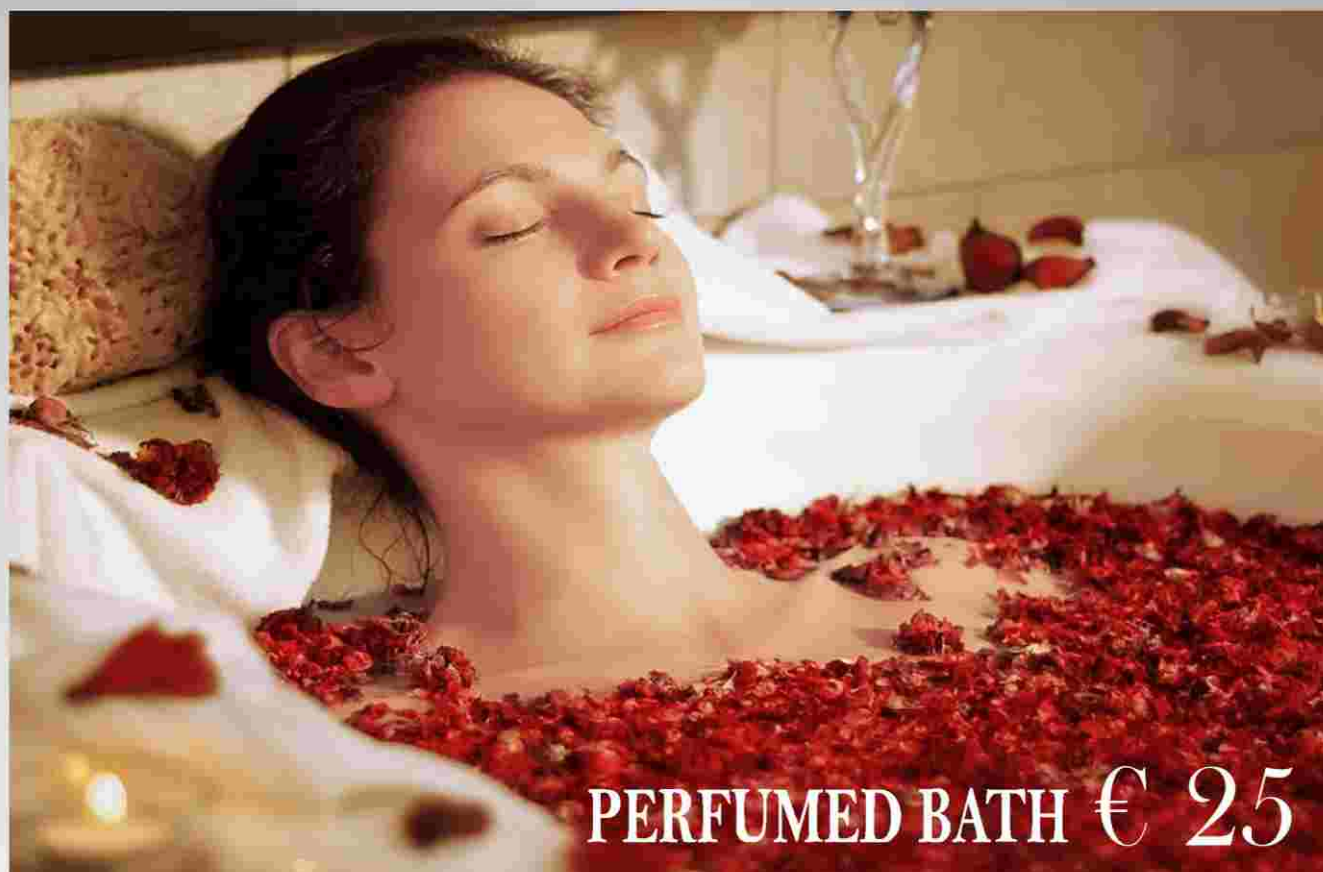
Rosemary hot bath: invigorating, fortifying, and stimulating, suitable for relaxing body and mind.

Sage hot bath: ideal for impure skins and for those who sweat excessively.

Lavender hot bath: against nervous fatigue.

Ginger hot bath: invigorating, energizing, purifying, improving one's metabolism.

Rose petal hot bath: refreshing, purifying, strengthening one's immune and respiratory systems.



PERFUMED BATH € 25

EXCLUSIVE TREATMENTS

Valle del Marta "Top package":

€ 90,00

Two massages in one, with stones and foot reflexology (60 minutes).

Following the traditions of the American Indians, who used volcanic stones smoothed by rivers for their capacity of retaining heat and releasing it constantly, this treatment will help you to release tensions and abandon yourself to complete wellbeing. The foot reflexology practiced at the end completes this treatment, leaving you a deep feeling of relaxation.



Valle del Marta "Over the top":

€ 145,00

Our strong point.

Several techniques together make up a sensory journey of psychophysical wellbeing. Nuvola, head massage, relaxing body massage, foot reflexology.

It is a unique and regenerating experience, through actions that mix philosophy and manual skills. It is a rhythmic complex treatment able to regenerate every part of your body. It starts with Nuvola, to relax your muscles and prepare your body to the rest of the treatment. A head massage follows, which acts on your cranial nerves thanks to acupressure techniques and releases tensions. The relaxation deriving from this massage involves all the parts of your head and your chakra points, thus freeing them from negative energies, allowing their correct energetic alignment, and giving your body harmony and wellbeing.

A relaxing massage follows with scented oils, which accompanies the slow but deep movement of the beautician's hands to help loosen and relax all your muscles to prepare them for foot reflexology, a technique based on Eastern doctrines that treat the parts of the feet with nerve endings with stimulation and acupressure. These endings reflect all the organs and parts of your body. (120 minutes)

Dry Brushing:

€ 90,00

This is a body scrub that has been practiced since ancient times and is still very popular among Hollywood stars and



in the most prestigious SPAs. It is carried out with the help of special brushes that are manually applied over your body with circular movements, thus allowing the removal of dead cells. The skin will be immediately smoother and detoxified. Moreover, the rotating movements will stimulate your microcirculation and the drainage of the tissues, promoting oxygenation and cellular renewal. (50 minutes)

Honey and lemon whitening face mask: (30 minutes)

€ 45,00

The whitening and detoxifying properties of Epsom salts are enhanced when combined with lemon. The nourishing action of honey completes the beneficial effects of this treatment, making it a miracle cure for your facial skin.



TRUE FRIENDS



"TRUE FRIENDS", A FUN PACKAGE

One of our most popular treatments among groups of friends and/or colleagues. It is delivered inside the SPA. It consists in 2.30 hours spent in hot baths, sauna and relaxation area, Hado pool and swinging beds, with a delicious aperitif at the end. (Daily opening: 9am-7:30pm; night opening: 8-11pm)

From Sunday to Friday (150 minutes, 5 people minimum):

€ 45,00

Saturday (150 minutes, 5 people minimum):

€ 75,00



In some periods of the year, it is possible to access the outdoor swimming pool, at the following price:

Half-day (per person): € 20,00

Full day (per person): € 35,00



A full kit with toweling robes, towels, slippers, shower soaps and hair dryer is always provided.

OTHER TREATMENTS

Hot stone massage (50 minutes):

€ 80,00

A treatment with lava stones placed on your chakra points, which radiate vibrations of warm energy, and dissolve the tensions of your body and mind. It is an ancient oriental technique based on energy therapies, aimed at harmonizing and adjusting your psychophysical balance.



Hawaiian lomi-lomi massage (50 minutes):

€ 80,00

It creates harmony between body, mind and spirit. It is performed mainly by the beautician's forearms and is characterized by slow, long and rhythmic movements that ensure total relaxation.

Gourmet chocolate massage (50 minutes):

€ 80,00

Chocolate, besides being a food that few people can resist, is a very useful ingredient for the care of our skin. In fact, cocoa butter nourishes the skin, making it soft and compact. Moreover, caffeine and theobromine, substances in which chocolate is very rich, have proven beneficial effects on the nervous system, e.g., they promote concentration.

Honey massage (50 minutes):

€ 80,00

Honey massage is an ancient Russian/Tibetan practice, known for its benefits on both body and mind. Honey has many healing properties both as a food and as a substance to be applied on the skin. The massage consists of gentle movements, and more energetic maneuvers.

Californian massage (50 minutes):

€ 80,00

It consists of maneuvers performed slowly, as if the beautician's hands were recreating a sort of harmonious choreography on your body. This will also allow the beautician to follow and respect your meridian lines, reflex points, and muscular layout of your body. The Californian massage is aimed primarily at those seeking a moment of true relaxation and those who want to abandon themselves completely to the care of our beauticians.

Lymphatic drainage massage: (Body massage: €80 ; Leg massage: €45 – 30 minutes.)

This delicate massage stimulates your lymphatic circulation, thus promoting the elimination of toxins and excess fluid. It also strengthens your immune system and is particularly suitable for those who suffer from water retention, heaviness in the lower limbs and poor circulation.

Decontracting massage (50 minutes):

€ 80,00

It is considered a real panacea for those suffering from localized muscular pain, caused by poor posture and/or inadequate physical effort. It consists of pressure maneuvers, superficial and deep rubbing, kneading, and unknotting. During the treatment, various nerve endings are stimulated both superficially and in more internal areas.

Relaxing massage (40 minutes)

€ 50,00

A totally relaxing massage involving your whole body. It is very slow, deep, and enchanting, particularly suitable for those who want to enjoy a moment of total relaxation.

Revitalizing massage (40 minutes):

€ 50,00

It combines different techniques: decontraction, relaxation and lymphatic drainage. The massage is performed on the whole body and is particularly suitable to remove pain and tension accumulated due to wrong positions and stress.

Anti-cellulite massage (50 minutes):

€ 80,00

It is a specific massage that focuses on your legs, glutei, abdomen, and hips. It acts on cellulite nodules and fat pads, promoting their removal and stimulating venous and lymphatic drainage.

OTHER TREATMENTS

Anti-aging facial massage (30 minutes):

€ 45,00

It is carried out on your face, neck, and neckline. Thanks to extremely relaxing maneuvers, your skin will appear more relaxed. This massage acts on both shallow and deeper wrinkles, improving their appearance. If carried out regularly, the wrinkles tend to diminish progressively.



Facial massage with honey (30 minutes):

€ 45,00

This massage is sweet and enchanting, just like honey. Honey will be rubbed all over your face with gentle movements, improving your blood and lymphatic microcirculation and giving your skin a brighter tone.

Relaxing facial massage (30 minutes):

€ 35,00

This massage relaxes your facial muscles deeply, making your skin more toned, radiant, and elastic. It is carried out with specific creams suitable for various skin types.

Lymphatic drainage facial massage (30 minutes):

€ 45,00

Thanks to its slow and deep movements, the lymphatic drainage massage acts on your lymphatic vessels allowing the elimination of excess fluid. It will also improve the appearance of bags under your eyes, thus camouflaging the signs of fatigue. It is also recommended in case of inflamed skin, e.g., acne.

Head massage (20 minutes):

€ 25,00

During this massage, you will relax deeply thanks to a careful stretching of your cranial lid, a massage at the base of the hair, and acupressure on your chakra points. This will help you to discharge the accumulated negative energy.

Facial Mask (30 minutes):

€ 35,00

It is a specific mask that aims to reduce the imperfections that each skin type typically presents, thus improving both its appearance and texture. Applied on your cleansed face, it represents a real pampering for your skin.

Foot reflexology (30 minutes):

€ 50,00

This is a massage technique that mainly concerns your feet. It is based on the oriental theory that considers feet the reflex center of all systems and organs of our body. The functioning of the corresponding organ(s) can be beneficially influenced by finger pressure on your feet.

Back massage (30 minutes)

€ 50,00

This massage releases tension and strengthens your muscles, relieving pain caused by stress and bad posture, and alleviating neck pain.



OUR MOST POPULAR PACKAGES

WHITE package:

€95

120 minutes: relaxing massage, Nuvola and access to the SPA with hot Jacuzzis, sauna, and relaxation area with swinging beds (60 minutes)

YELLOW package:

€95

90 minutes: half-day use of the outdoor pool (morning or afternoon), Hado pool (60 minutes), salt room (30 minutes), aperitif with a drink and snacks.

BLUE package:

€70

120 minutes: Hado pool (60 minutes), access to the SPA with hot Jacuzzis, sauna, and relaxation area with swinging beds (60 minutes), aperitif with a drink and snacks.

PINK package:

€110

120 minutes: total body scrub and Hado pool (60 minutes)



GREEN package:

€90

70 minutes: facial scrub, relaxing facial massage and body massage.

ORANGE package:

€75

50 minutes: back massage (30 minutes), head massage (15 minutes)

PURPLE package:

€45

90 minutes: Nuvola (30 minutes), access to the SPA with hot Jacuzzis, sauna and relaxation area with swinging beds (60 minutes)



Valle del Marta beauty farm is open every day from 9am to 8pm. You can also reserve our SPA (Jacuzzis, sauna, small relax area) and Hado pool. Access is guaranteed also to people who are not staying at our hotel. It is advisable to book wellness treatments in advance and agree with the staff on the times of treatments, also communicating any special needs you may have, which will be promptly taken care of.

TO CUSTOMERS' KIND ATTENTION:

In order to avoid unpleasant mishaps, please respect the time of the treatments booked, arriving at least 5 minutes in advance.

In case of delay, in order not to respect the following customers' timetable, the duration of the treatment will be reduced without any refund on the price.

To ensure access to the SPA (maximum 2-3 couples at a time) and the use of our treatments, it is advisable to book a few days in advance.

It is possible to cancel the reservation within 8 hours before the appointment without paying any penalty. After this time limit, the whole cost of treatments booked will be charged. This also applies to voucher holders.

In case of health problems or pregnancy, we recommend that you consult your doctor before booking our treatments. Our staff is not responsible for side effects in case the customer did not communicate any disease or problem.

Children under 16 are not allowed to access some areas, while young guests between 16 and 18 can enter only if accompanied by an adult.

It is compulsory to wear a bathing suit in the SPA area and in the Hado pool, to speak in a low voice in the beauty areas, and to be respectful towards other guests.



Per info e prenotazioni

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