A photograph of a man and a woman relaxing in a spa pool. They are lying on their stomachs, looking at each other and smiling. The background features a large waterfall and lush green foliage. The lighting is soft and ambient.

st.mauritius
natural
spa

WELLNESS MENU

ENGLISH

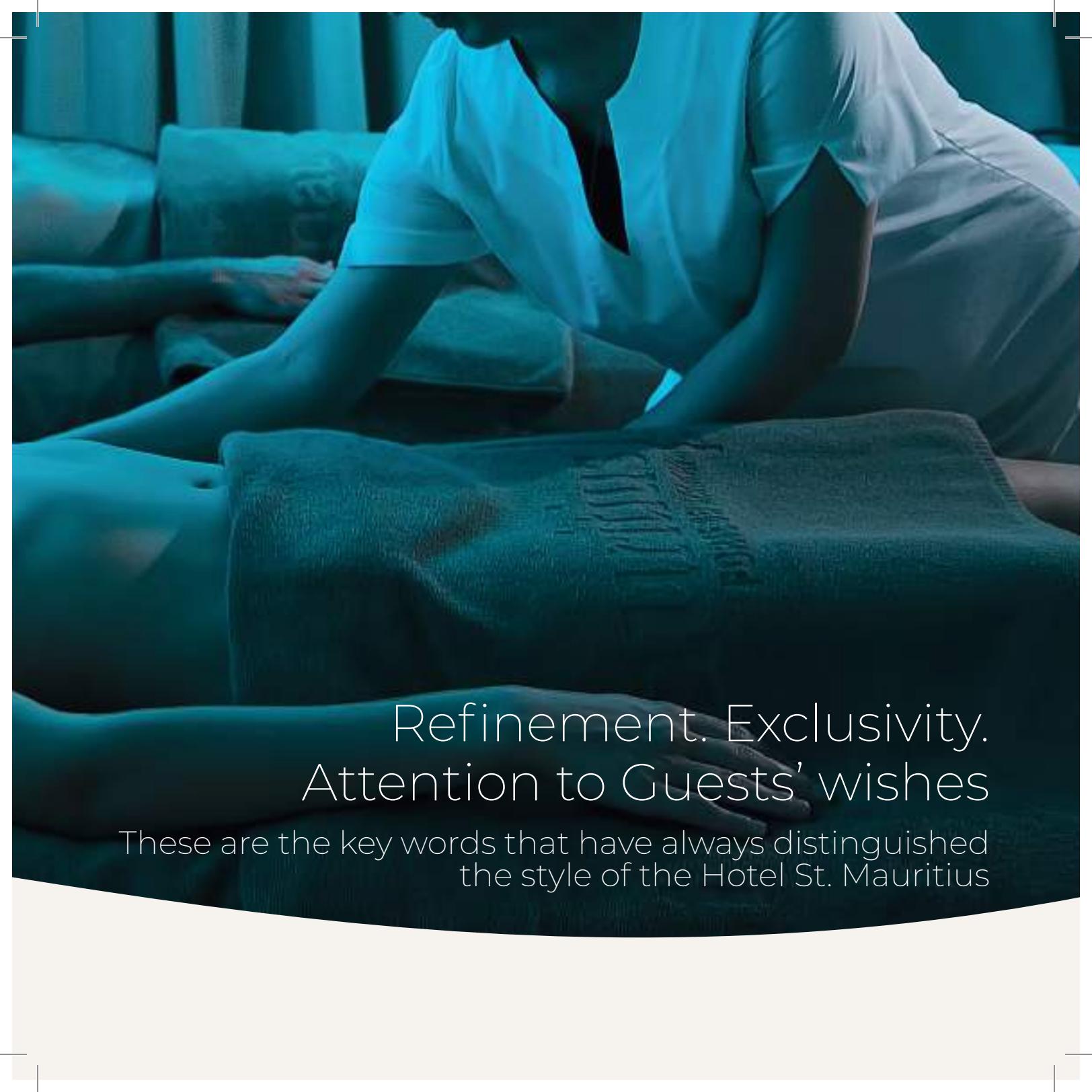


st.mauritius | hotel

FORTE DEI MARMI

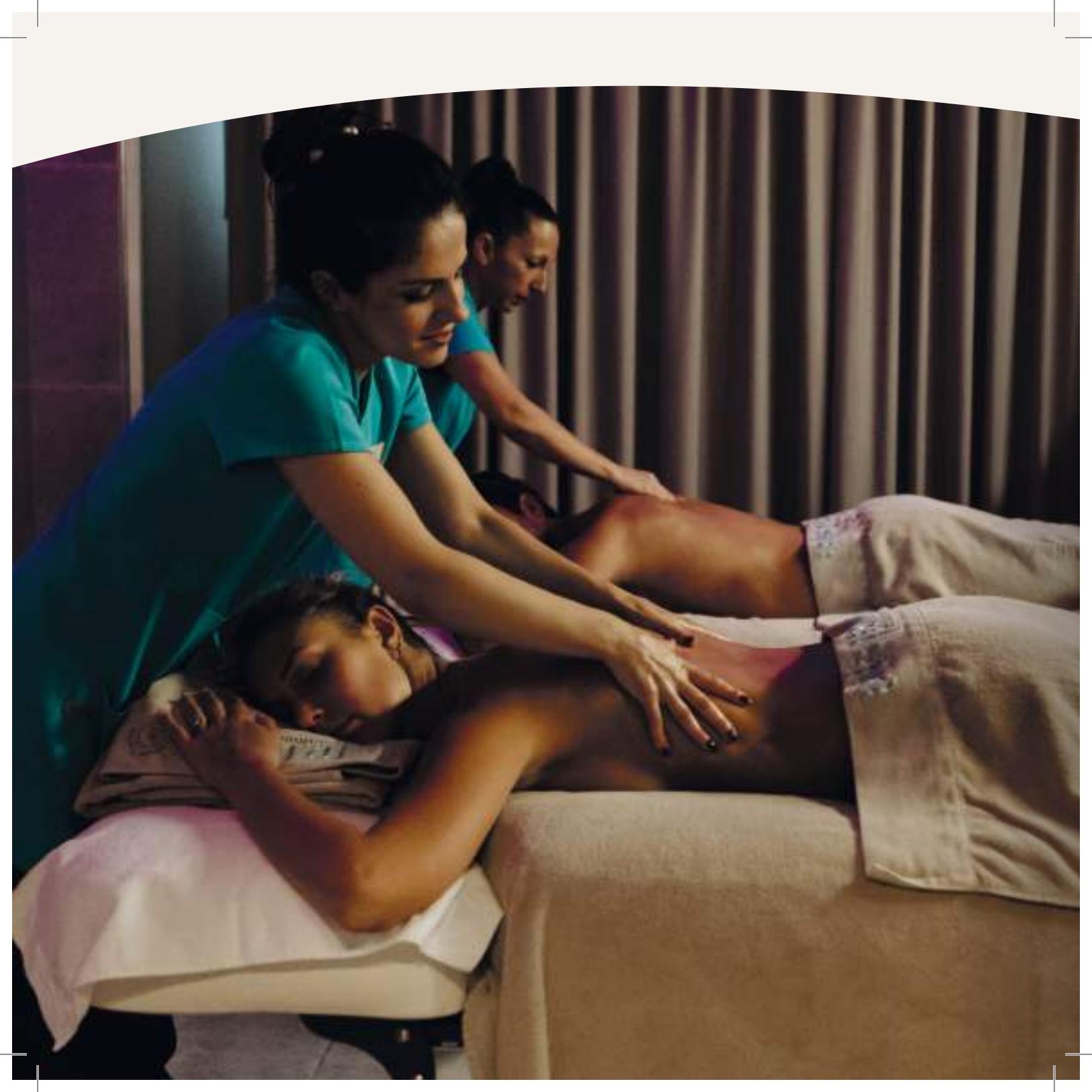
[comfort zone]

conscious skin science

A photograph of a person lying on a massage table, covered with a dark towel. A masseuse in a white uniform is leaning over the table, performing a massage. The scene is dimly lit with a teal or blue tint. The text is overlaid on the bottom right of the image.

Refinement. Exclusivity.
Attention to Guests' wishes

These are the key words that have always distinguished
the style of the Hotel St. Mauritius



Whoever discovers **Forte dei Marmi** falls in love above all with the wonderful **nature** that surrounds the town. The care and attention paid to the environment, from public spaces to private gardens, from beaches to pinewoods, in Forte dei Marmi the air you breathe is **unique and unforgettable**, as is the experiencing life there.

The offers of the **St. Mauritius Natural SPA** are inspired by the benefits offered by **nature** and the **sweet rhythms** of a rediscovered tranquillity; they aim to improve and make the **wellness experience** of each Hotel guest even more personalised.

The **exclusive programmes**, formulated by Brand **[comfort zone]** together with our **experience in the field of “wellness” and “life style”**, have a **precise goal: that of obtaining the best results** in terms of Relaxation, Detoxing and Anti-Ageing, with particular attention to the well-being and harmony of couples.

Efficient and clean formulas, highly concentrated in active ingredients of natural origin, high-tech eco-molecules that are dermo-compatible. Suitable also for vegans. Free of silicones, animal derivatives, mineral oils, artificial colours, SLS. Clinically and dermatologically tested.

All the **treatments** and **rituals** of massage are perfect antidotes to the fatigue and the pace of modern life, ideal for those who are looking for **moments to devote to themselves**, forgetting the incessant and frenetic commitments of everyday life for a while.

The studied **options** recreate the atmosphere that brings each of us back to the desired **ideal** psycho-physical condition of balance.

This is why **St. Mauritius Natural SPA** has chosen **[comfort zone]** as its partner, sharing the same values of sustainability with a conscious approach that protects the skin and the planet at the same time.

WELLNESS OPTION



The wellness offered by the wet areas of the St. Mauritius Natural SPA.

Depending on your needs, you can choose the most suitable **option type** to achieve your **goal**, which can be oriented towards:

- **RELAXATION**
- **DETOXING**
- **ANTI-AGEING**

Each course, designed by a scientific committee, alternates between hot and cold temperatures with different degrees of humidity; this mix lets you achieve an **INTENSIVE result** in a short time.

The paths include entrance to the swimming pool with massage beds and seats, Finnish sauna, steam bath, frigidarium, tropical emotional shower, Norwegian emotional shower, Scottish shower, as well as the relaxation area where you can be lulled by rocking beds suspended in the air while sipping a fragrant herbal tea. To grant maximum benefit and relaxation, access to the area is restricted to a limited number of guests and reservations are recommended..

Duration of the wellness option: 90 minutes

€ 25



RITUALS





A unique experience
of ancient origin that
involves all five senses
and harmonises body
and mind.

AROMASOUL SCRUB

A **renewal** ritual enriched with the properties of volcanic **Rhyolite** and the aromatherapeutic benefits of blends for silky, deeply nourished skin.

Ideal for those who need a **deep exfoliation** of the body, to remove dead skin cells and restore **soft, velvety and nourished skin**.

Benefits:

- Extraordinary skin silkiness.
- Renewed and deeply nourished skin.
- Relaxation and general well-being.

Duration 50 minutes | € 120



TRANQUILLITY RITUAL

Aromatic connective tissue massage for **face and body, counteracting muscular tension and relieving stress** for a pleasant wellness experience. Ideal for muscle tension, dry and undernourished skin.

Benefits:

- Improves microcirculation and oxygenation of tissues.
- Nourishes the skin of the face and body.
- Anti-stress and wellness treatment.

Duration 50 minutes | € 120

SALT MASSAGE

Exclusive **detoxifying** and **revitalising** treatment for body and mind, combined with a massage created to enhance effectiveness and pleasantness. Thanks to the composition of **Himalayan salt**, rich in essential trace elements, it has an effective, natural and pleasant purifying and cleansing effect on all levels.

Benefit:

- Soothes pain and relieves tension.
- Stimulates metabolism and improves circulation.
- Balancing and revitalising, it invigorates body and mind in times of particular emotional and physical stress.

Duration 50 minutes | € 120

SLEEP RITUAL

Innovative massage acting on **3 different sensory options for deep relaxation to promote sleep and recovery from jet lag**. The synergy of the exclusive blend of essential oils, the Tranquillity™ Sound and the manual techniques inspired by Indonesian Sea Malay and Ayurvedic massage, combined with the use of soft brushes, lead to a state of deep relaxation and tranquillity for body and mind. Ideal for stress and sleep difficulties.

Benefits:

- Relaxing and calming effect.
- Promotes rest and sleep.

Duration 50 minutes | € 120



MASSAGES



Customised to the guests' needs, the massages at the St. Mauritius Natural SPA eliminate stress and tension with the help of specialised techniques.

BACK DECONTRACTING

Decisive manoeuvres and pressure carried out on the meridians of the body, energy channels also used in acupuncture, with the function of restoring the **muscular tone** to its **optimal condition**. One of the most effective remedies to bring relief and harmony to mind and body.

Benefits:

- Anti-stress action to rebalance posture.
- Promotes improvements to the respiratory system.

Duration 25 minutes | € 55

FOOT REFLEXOLOGY

Ancient Eastern practice in order to re-establish the normal flow of energy by pressing specific points on the **foot**.

Benefits:

- Relaxation of the musculoskeletal system.
- Good for digestion.
- Improved circulation and reactivation of the metabolism.

Duration 25 minutes | € 60



FACE



Detoxifies, revitalises and regenerates your face. Specific treatments for both men and women based on natural products designed for immediate benefits.

SUBLIME SKIN

Face and neck treatment with anti-ageing action and re-densifying and lifting power. Thanks to the innovative biphasic peel-off mask and the exclusive Active Lift Massage, the Sublime Skin **treatment restores fullness and redefines the volumes of the face.** An ideal treatment for all skin types to regain volume and tone. Particularly suitable for wrinkles.

Benefits:

- Protects the skin against damage caused by free radicals.
- Nourishes, repairs and gives silkiness.

Duration 50 minutes | € 120

Express duration 25 minutes | € 70



EYE PATCH

Add-on treatment, to be carried out **together with other treatments or individually**.

Innovative **refreshing** and **corrective hydrogel mask** based on peptides for an **intensive action** that gives immediate relief to the eye area.

Benefits:

- Visibly corrects bags and signs of fatigue in just a few minutes.

Duration 15 minutes (with other treatments) | € 35

Duration 30 minutes single treatment | € 55

ESSENTIAL EXPRESS

Proper skin cleansing is the first essential step in any facial treatment. Thanks to the complete professional range of the Essential line, the Express treatment guarantees **deep cleansing, exfoliation and the elimination of impurities and imperfections for radiant and regenerated skin**.

Benefit:

- Deep cleansing.
- Luminous and regenerated skin.

Duration 20 minutes | € 45

HYDRAMEMORY

The professional **Hydrmemory treatment** deeply moisturises the skin of the **face, neck and décolleté** for a **silky, radiant and fresh complexion**. Thanks to the innovative biphasic mask with fragments of **Hyaluronic Acid** and the specific brush massage, Hydrmemory restores firmness, softness and radiance to the skin, preventing dehydration and the appearance of the first signs of ageing.

Benefit:

- Deep skin hydration, elasticity and radiance.
- Effective antioxidant action.
- Prevention of premature ageing.

Duration 50 minutes | € 95

Express duration 25 minutes | € 55

RENIGHT RECOVER TOUCH

Recover Touch is a **repairing and antioxidant multivitaminic treatment**, suitable for all skin types, especially tired and impoverished skins in need of new vitality. **Silky oil** and **nourishing mask**, combined with the Comfort Touch Massage, restores nourishment and protection to the face, neck and décolleté.

Benefit:

- Protects the skin against free radicals.
- Nourishes, repairs and gives silkiness.

Duration 90 minutes | € 95

Express duration 25 minutes | € 55



REMEDY

The **professional Remedy treatment calms, renews and strengthens sensitive, fragile and redness-prone skin** by combining gentle cleansing and peeling with an innovative two-phase oil mask enriched with **Marula Oil** and **Hyaluronic Acid**. Soothing and strengthening, this treatment stimulates the skin in depth for a beneficial and pleasant calming action.

Benefit:

- Renews and smoothes the skin.
- Soothes redness and irritation.
- Nourishes and fortifies the skin barrier.

Duration 50 minutes | **€ 95**

Express duration 25 minutes | **€ 55**



BIO/ORGANIC FACIAL TREATMENTS



SACRED NATURE REGENERATIVE ELIXIR

Regenerating, antioxidant, pro-youth facial treatment. With formulations certified according to the COSMOS guidelines, it nourishes, re-oxygenates and protects the skin. Its effectiveness is guaranteed by the customisable choice of mask and enhanced by specific manual techniques, such as the innovative Regener-Lift, for an immediately firmer and more toned skin. Depending on requirements, an effect can be chosen:

Purifying rebalancing: for mature, undernourished skin showing clear signs of ageing in the version with a RUBBER MASK.

Firming lifting: for all skin types requiring deep cleansing and stimulation, in the version with a GLOW CLAY MASK.

Benefit:

- Regenerating.
- Antioxidant.
- Firming.

Duration 50 minutes | € 100

SACRED NATURE REGENERATIVE HYDRA

Anti-oxidant revitalising express facial treatment for instant radiance. With formulations certified according to the COSMOS guidelines, it ensures a pleasant and visible freshness and vitality. Its effectiveness is guaranteed by the combination of renewal and deep hydration, combined with a 7-step regeneration ritual.

Benefit:

- Antioxidant.
- Immediate brightness, freshness and vitality.
- Hydration boost.

Duration 50 minutes | € 100



BODY



It's time to take a break and put your body back in first place. It's time to choose a Body Strategist treatment, an effective and innovative solution backed by science and clinical trials.

DOUBLE PEEL BODY

Double Peel Body treatment with mechanical and chemical **peeling** and a nourishing **anti-ageing mask** promotes deep regeneration for perfectly compact, smooth and soft **skin**.

Ideal in the presence of stretch marks, dryness and dehydration to revitalise tissues, promote elasticity and promote cell turnover.

Benefit:

- Regenerating and smoothing.
- Promotion of elasticity and hydration.

Duration 50 minutes | € 110

Express duration 25 minutes | € 65



DETOX AND DRAIN

Intensive detoxifying, draining and anti-cellulite body treatment with thermal water from Castello di Velona, Montalcino (IT) and essential oils. The mud used during the treatment enables a revitalising and purifying massage of the tissue, while the bandage phase improves microcirculation together with a remodelling, purifying and lightening effect.

Benefit:

- Promotes better lymphatic microcirculation and elimination of toxins.
- It tones, recompacts and gives a feeling of lightness to the legs.

Duration 50 minutes | € 110

Express duration 25 minutes | € 65

BANDAGE

Deep purification combined with a **draining booster** ideal for **legs weighed down** by oedematous **cellulite**.

Benefit:

- Increases the metabolic activity of the tissue.
- Immediate toning effect.
- Feeling of lightness, freshness and long-term well-being for the legs.

Duration 30 minutes | € 70

MONTALCINO MUD

Visible and immediate detoxification and remodelling thanks to the synergy of a **mud** with the thermal water of Castello di Velona (Montalcino, Italy) and an **intensive, dual-action thermogenic cream**. The **blend of essential oils** promotes deep tissue purification, while the Fucus and Laminaria algae exercise a lipolytic action. The massaged mud is a booster that boosts the lipolytic and reducing action of the thermogenic cream applied subsequently.

Benefit:

- Elimination of toxins and adipose accumulations.
- Reduction of oedema and cellulite.

Duration 50 minutes | € 110

Express duration 25 minutes | € 65

BODY ACTIVE

Intensive remineralising, remodelling and toning treatment with an innovative **body mask** with **yellow Brazilian clay** and **Plankton extract**. Effectiveness is enhanced by an exclusively created massage that **combines** the use of a **Wood Massage Roller** with traditional Chinese Tuina techniques.

Ideal for combining with a fitness programme or integrating into a toning programme.

Benefit:

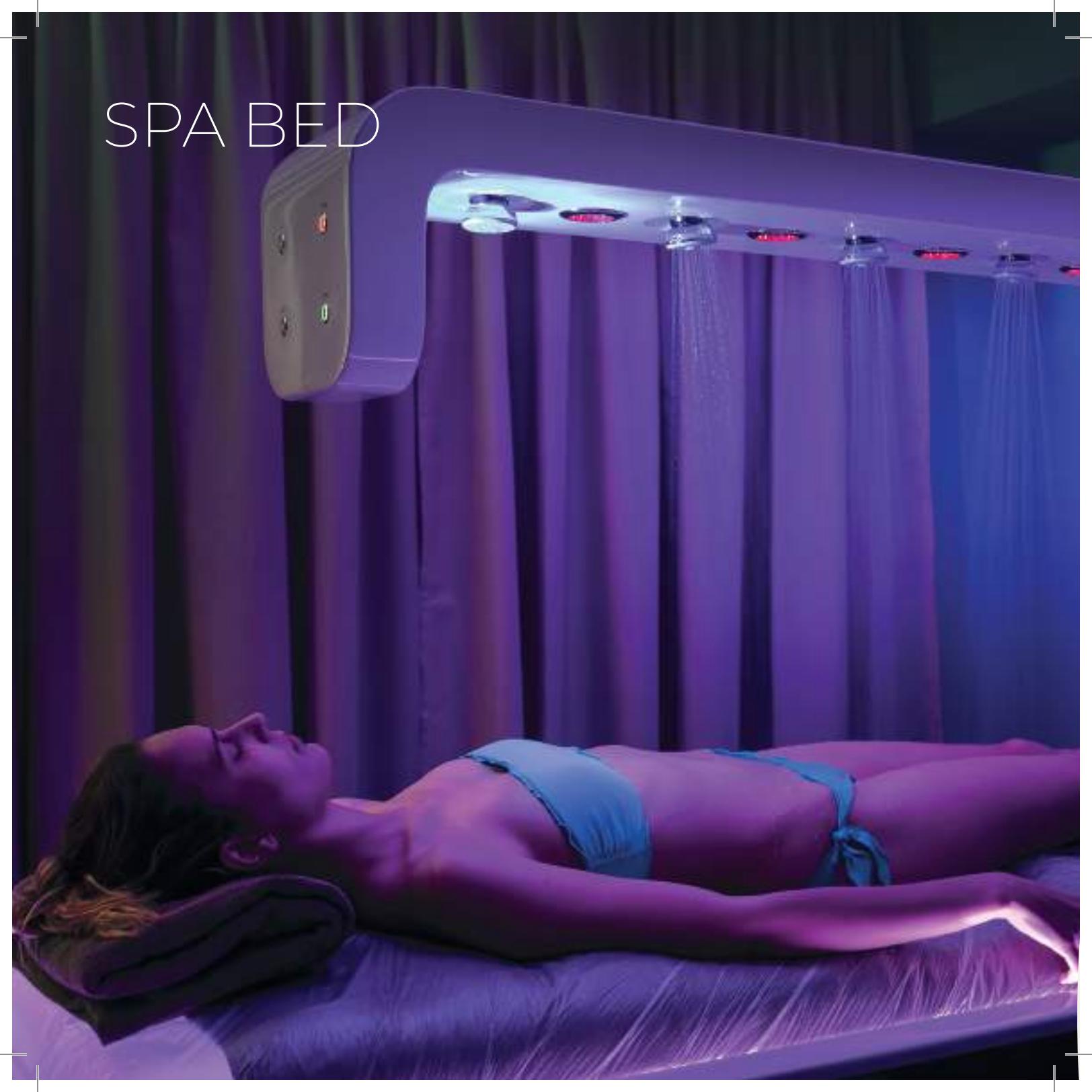
- Remodelling and toning, it reduces muscle tension and remineralises.
- It stimulates proper circulation and re-oxygenates the tissue.

Duration 50 minutes | € 110

Express duration 25 minutes | € 65



SPA BED





Amplify the benefits of the Body Strategist body treatments and enjoy a multi-sensory experience on the Aemotio SPA thermal bed: lie on the revolutionary and innovative heated water mattress, enjoy the Vichy filiform shower, steam bath, infrared light and colour therapy in one state-of-the-art, all-in-one solution.

DOUBLE PEEL BODY

The Double Peel Body **treatment**, thanks to mechanical and chemical **peeling**, nourishing anti-ageing **mask** and the **heat and steam action of the SPA bed**, promotes **optimal and deep regeneration for perfectly compact, soft and smooth skin**.

Ideal in the presence of stretch marks, dryness and dehydration to revitalise tissues, promote elasticity and promote cell turnover.

Benefit:

- Regenerating and smoothing.
- Promotion of elasticity and hydration.

Duration 50 minutes | € 140



DETOX AND DRAIN

Intensive detoxifying, draining and anti-cellulite body treatment with thermal water from Castello di Velona, Montalcino (IT) and essential oils. The mud used during the treatment enables a revitalising and purifying massage of the tissue and the **steam from the SPA bed** increases its effectiveness. Expert and careful hands exfoliate everything with the water of the **Vichy showers**, while you lie comfortably on the bed. The **wrapping** phase improves microcirculation together with a remodelling, purifying and lightening effect.

Benefit:

- Promotes better lymphatic microcirculation and elimination of toxins.
- Tones, recompacts and gives a feeling of lightness to legs with oedematous cellulite and fluid retention.

Duration 50 minutes | € 140

BANDAGE

Deep purification combined with a **draining booster** ideal for legs weighed down by **oedematous cellulite** pampered by the softness and **warmth of the SPA water bed**.

Benefit:

- Increases the metabolic activity of the tissue.
- Immediate toning effect.
- Feeling of lightness, freshness and long-term well-being for the legs.

Duration 30 minutes | € 100



MONTALCINO MUD

Visible and immediate detoxification and remodelling, thanks to the synergy of a mud with the thermal water of Castello di Velona (Montalcino, Italy) and an intensive thermogenic cream with double action combined with the steam of the SPA bed, which increases its effectiveness. The blend of essential oils promotes deep tissue purification, while the **Fucus** and **Laminaria algae** exercise a lipolytic action. The massaged mud is a booster that boosts the lipolytic and reducing action of the thermogenic cream applied subsequently. Expert and careful hands exfoliate everything with the water of the **Vichy showers**, while you lie comfortably on the bed.

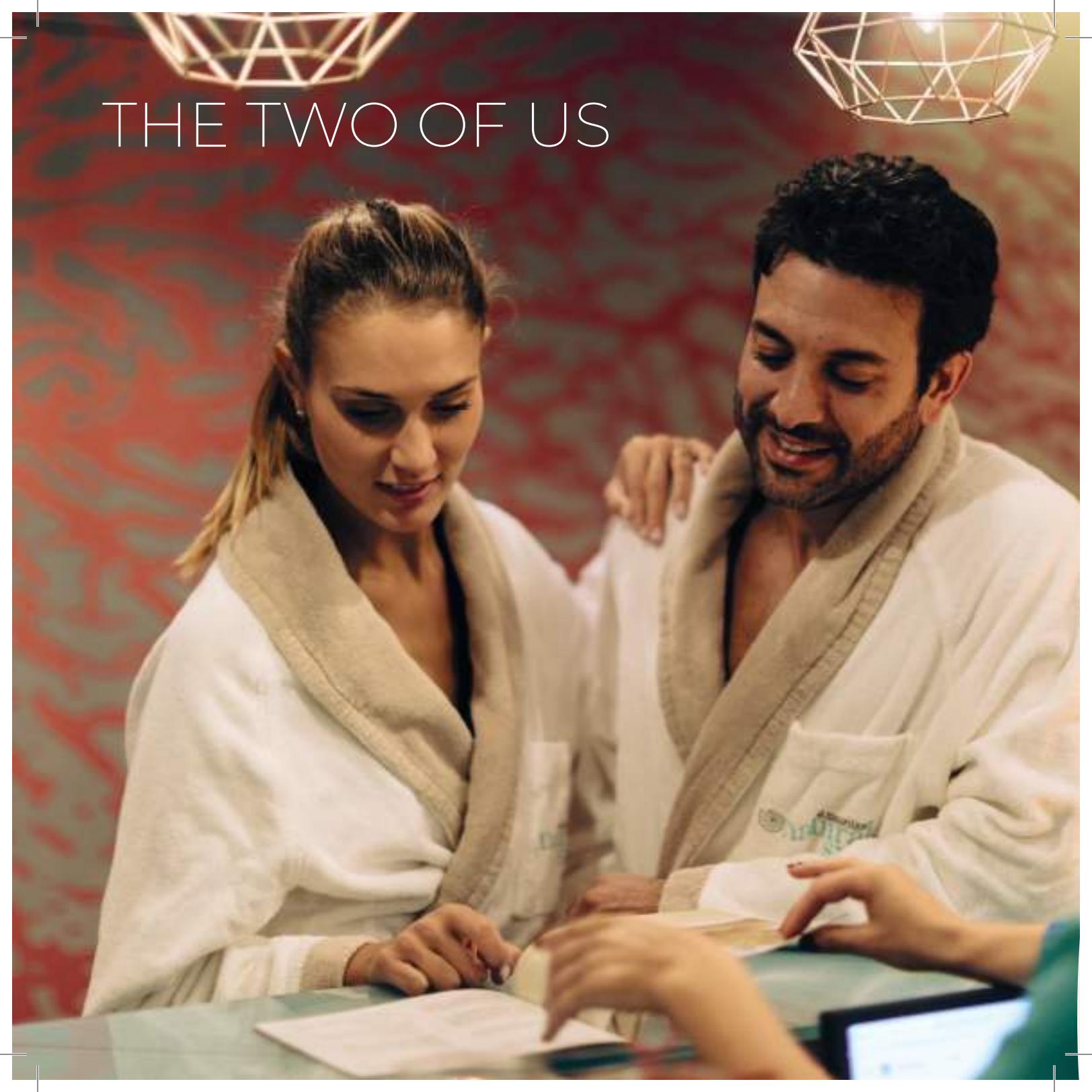
Benefit:

- Elimination of toxins and adipose accumulations.
- Reduction of oedema and cellulite.

Duration 50 minutes | € 140



THE TWO OF US





Share the emotions of an unforgettable experience in the magical atmosphere of the Private Suite to rediscover the complicity and harmony of coupledness.

ROMANTIC LOUNGE

Carve out unforgettable moments for the two of you.

The experience begins with a beneficial **sauna** followed by a pleasant **steam bath** and a **Tranquillity ritual** (50'). Finally, enjoy a glass of **prosecco** accompanied by some tasty **appetisers**.

€ 305

ORIENTAL SECRET

It all begins with a **Darjeeling tea** grown on the slopes of the Himalayas and a sound bath with Tibetan bells. The **Salt massage ritual** (50'), thanks to the action of Himalayan salt, purifies and unites the couple in one body and one mind.

Fresh fruit and Indian **lassi** for relaxation.

€ 295



TRIP TO TUSCANY

The couple's journey begins with a preparatory **steam bath** which together with the **Aromasoul Scrub ritual** (50') produces a profound renewal of the skin, which continues and is completed by the **Montalcino Mud treatment** (50'), thanks to the properties of the mud and the thermal water of the Castello di Velona di Montalcino. The experience in Tuscany ends with a **tasting** of a glass of **Montalcino red wine** and a **selection of typical products**.

€ 540

SWEET DREAMS

The first step towards inner well-being begins with the **hydro-massaging action** of the water in the wet area, followed by the **Sleep ritual** (50') which, thanks to the involvement of three different sensory areas inspired by oriental techniques, leads the body and mind to a deep state of stillness and relaxation. The **herbal tea** will enhance the positive and relaxing energy of this option.

€ 300



WELLNESS SANCTUARY PACKAGES





Let yourself be pampered by our options, which combine rituals, massages and treatments designed to fully live the Natural SPA and offer you a unique and complete experience. Real sanctuaries of well-being.

SANCTUARY RELAX

Close your eyes, relax and start enjoying this magical experience. Now it's just you and the relaxation you deserve so much.

Sanctuary Relax includes:

- **Relaxation wellness path in a wet area** - duration 90'
- **Sleep Ritual** - duration 50'
- **Sacred Nature Regenerative Hydra** - duration 50'
- **Foot Reflexology** - duration 25'

€ 290



SANCTUARY DETOX

Eliminate toxins, restore freshness and radiance to the skin for new mental and physical energy.

The Sanctuary Detox includes:

- **Detox wellness path in wet area** - duration 90'
- **Aromasoul Scrub Ritual** - duration 50'
- **Renight Recover Touch facial treatment** - duration 50'
- **Body Active massage** - duration 50'

€ 335

SANCTUARY ANTI-AGE

We take care of your skin by stimulating tissue regeneration with the contribution of highly concentrated and effective organic and natural cosmetics.

The Sanctuary Anti-Age includes:

- **Anti-Ageing wellness path in wet area** - duration 90'
- **Double Peel Body treatment on a SPA thermal bed** - duration 50'
- **Bio Sacred Nature Regenerative Elixir facial treatment** - duration 50'
- **SPA pedicure treatment and Eye patch mask** - duration 50'

€ 370



BEAUTY SERVICE



A vertical image on the left side of the page shows a woman's profile from the nose down, looking towards the right. She has dark hair styled in an updo. The background is a soft, out-of-focus spa environment with a circular light fixture visible at the top.

Treatments carried out in the exclusive Pedi SPA station equipped with an ozonised whirlpool.

Manicure	€ 40
Pedicure	€ 60
Deluxe Manicure SPA treatment (manicure, peeling, hand mask and energising massage)	€ 65
SPA Pedicure Deluxe treatment (pedicure, peeling, foot mask and energising massage)	€ 90
Nail polish change	€ 15

Hair removal

Service with Brazilian wax without using strips or with delicate Argan and Jojoba wax.

Legs	a partire da € 40
Partial legs	€ 28
Bikini	€ 25
Armpits	€ 18
Arms	€ 25
Back or Chest	€ 40
Moustache	€ 8
Eyebrows	€ 10



CANCELLATION POLICY

Any cancellations and/or timetable changes must be made known at least 24 hours before the appointment. For cancellations not made within the aforementioned terms or in case of no-show, the guest must pay the full cost of the treatment.

REFUND

Treatments are non-refundable, transferable or replaceable.

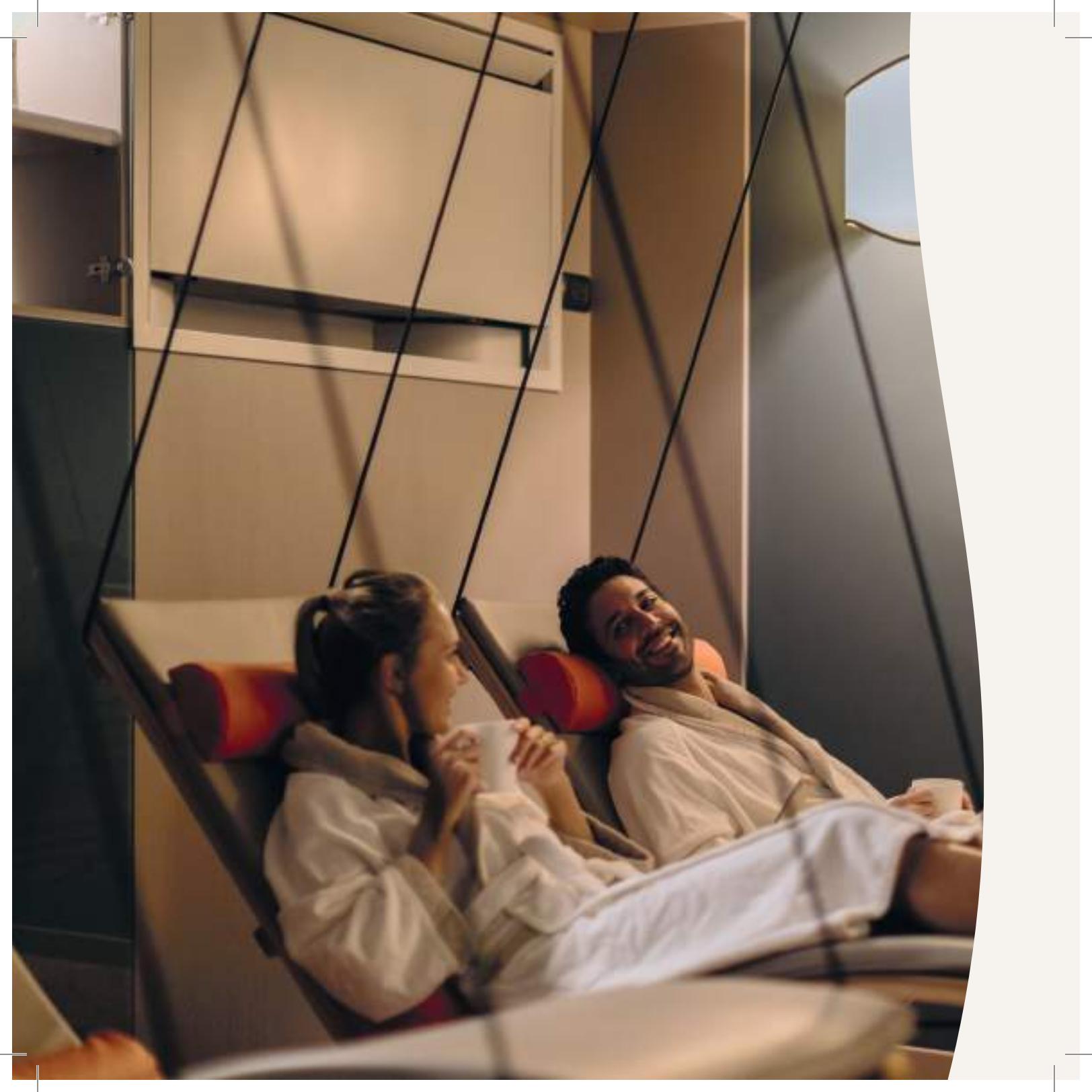
CODE OF CONDUCT

Customers are requested not to make noise so as not to disturb the tranquillity of the other guests at the Natural SPA. The wet area requires the use of a swimsuit with the exception of the sauna, which can be accessed without swimsuits and plastic materials, but only with the appropriate cotton towel. Natural SPA is an adults-only facility: access to children under 16 is prohibited.

VALUABLE PERSONAL ITEMS

It is recommended not to wear accessories, glasses and jewellery (bracelets, necklaces, rings, earrings, watches, etc.) inside the SPA. We advise you to leave them in the appropriate lockers or in the safe. The hotel assumes no responsibility for any damage, loss/theft or eventual disappearance.





Opening hours

The Natural SPA is open every day from Monday to Sunday, from 01.30 PM to 08.00PM

Bookings

Book the Natural SPA by contacting us:

- from the hotel room phone at number **190**
- by email at **naturalspa@stmauritiushotel.com**
- by phone at number **(+39) 0584 787131**

NATURAL SPA at St. Mauritius hotel, Floor -1

Via XX Settembre 28, 55042 - Forte dei Marmi (Lucca)

www.stmauritiushotel.com

Facebook **St. Mauritius Hotel**

Instagram **@StMauritiusHotel**





www.stmauritiushotel.com

#StMauritiusHotel