

Body

	EURO
Bio-exfoliation treatment with mud and thermal shower 30'	57.00
Special mud pack sculpting and toning 25'	52.00
Firming massage with Regina Isabella mud for localised fatty tissue 30'	82.00
Back cleansing 55'	60.00
Sebum balancing treatment for the back 45'	55.00
Pressure therapy (pneumatic lymph drainage) 25'	40.00
Slim-up, electro stimulation programme 30'	48.00
Slim-up, infrared and electro stimulation programme 40'	72.00
Ultrasound treatment for cellulite 30'	60.00
Toning breast treatment 50'	55.00
Cold bandage therapy (Cryotherapy wraps) 25'	42.00
Aroma massage 45'	55.00
Hydro massage with essential oils	42.00
Endermologies	100.00
Antara body care session (Transdermic Di-Electrophoresis) Personalised treatment for various unaesthetisms	140.00
Hands paraffin treatment	34.00
Manicure	25.00
French Manicure 45'	35.00
Feet paraffin treatment	38.00
Pedicure	30.00
French Pedicure 55'	48.00
Nail rebuilding (full set) 120'	150.00
Refill with gel 90'	80.00
Natural nail covering with gel 60'/90'	60.00
Rebuilding of single nail 30'	30.00
Sun shower	24.00
Sauna	16.00
Turkish bath - Hammam	26.00
Nail polish	10.00

Hair removal (with natural waxes)

Lip	10.00
Underarm	18.00
Arm	24.00
Half Leg	30.00
Full Leg	42.00
Bikini line	22.00

Quick and delicate hair removal for men

Back	35.00
Chest	30.00
Back and Chest	55.00

To cancel a reservation or reschedule one, we require 2 hours notice for individual services. Appointments cancelled or rescheduled in less than the required time will be billed 50%.

** Subject to availability, please book in advance.

A Member of
Preferred
HOTELS & RESORTS

L'Albergo della Regina Isabella
80076 Lacco Ameno - Ischia - P.zza S. Restituta, 1
Ph. +39 081.99.43.22 - Fax +39 081.90.01.90
www.reginaisabella.it - info@reginaisabella.it

HEALTH SPA
Health SPA and Resort

"Man's" Weekend Program

2 Days

Facial

Personalized mask
Total cleansing

Body

Special mud pack for relaxation and detoxifying
Regina Isabella personalized massage 60'
Reflexology session 30'

Total € 240,00

"Benessere Esclusivo"

Per gli ospiti più esigenti, su richiesta,
è possibile effettuare un **programma di
trattamenti personalizzato
nel privato della propria camera.**

Saremo a Vostra completa disposizione
per consigliarVi il programma più adatto
alle Vostre esigenze.
Spa Manager - int. 759

Spa - Springs & Wellbeing

	EURO
Medical Check-up	58.00
Medical Consultation	26.00
Dietetic Consultation	26.00
Diet Menu (daily supplement charge)	15.00
Consultation with Dermatologist with Basic skin check up	100.00
Mapping of moles with videodermatoscopy	200.00
Laboratory Tests (on demand)	
Electrocardiogram	50.00
Lung Capacity Test	38.00
Bio-impedancemetry and plicometry	38.00
Thermography	42.00
Abdominal Echography (B.A.*)	110.00
Computerized Bone Densitometry (B.A.*)	130.00
Cardiology Specialist Visit + Electrocardiogram (B.A.)	90.00
2-D Color Doppler Echocardiography (B.A.*)	110.00
2-D Echo Color Doppler of Supra-Aortic Trunks (S.A.T.) (B.A.*)	90.00
ECG Exercise Test (Treadmill) (B.A.*)	110.00
Dynamic ECG Holter Monitoring (B.A.*)	90.00
Cardiology Visit + Echocardiography + Doppler S.A.T. + ECG Exercise Test (B.A.*)	200.00
Mudwrap with shower	37.00
Partial mud wrap with shower	18.00
Thermal spring bath	21.00
Awakening of The Senses Bath	50.00
Ozone supplement	11.00
Underwater massage	42.00
Hydromassage	42.00
Circulatory massage 20'	28.00
Circulatory massage 30'	34.00
Circulatory massage 45'	52.00
Circulatory massage 60'	68.00

B.A.= BY APPOINTMENT - *TRANSPORTATION NOT INCLUDED

Respiratory treatments

Inhalation	18.00
Aerosol	18.00
Nebulization	18.00

Osteopathic

Osteopathic examination	52.00
Osteopathic treatment	95.00

Physiotherapy and Rehabilitation

Physiokinesitherapy 25'	50.00
Localized functional re-education 30'	42.00
Hydrokinesitherapy 25'	54.00
Massotherapy 30'	47.00
Massotherapy 45'	70.00
Massotherapy 60'	94.00
Ultrasound treatment	34.00
Ionophoresis	34.00
Analgesic electrotherapy (TENS)	34.00
Laser therapy 15'	40.00
Body Rolling® 60'	85.00
Pilates® (from 2009)	
Facercise-synergistic facial exercise programme (3 sessions)	100.00

Fitness

	EURO
Nature walk	25.00
Group Stretching 30' (minimum three persons)	18.00
Individual Stretching 30'	34.00
Group thalassotherapy 30' (three person minimum)	18.00
Individual thalassotherapy 30'	34.00
Supervised individual exercises 30' (slimming, respiratory, isometric, cardio fitness, etc.)	34.00
Personal trainer 60'	65.00

Special Fitness activities

Nature Walk, Fitness Yoga, Jogging, Aqua Gym, Free Weight, Low & High Impact, Circuit Training, Canoeing, Aqua Fitness and Aqua Flap 50' (April to October), Aqua Bike. Free individual consulting. Personalized program. Activity supervised by certified instructor.

Bio-impedancemetry and plicometry	38.00
I-Tonic Freemotion 20'	40.00

Body and Mind Balance

Reiki 60'	73.00
Craniosacral therapy 60'	92.00
Feldenkrais® method 45'	80.00
Watsu® 50'	80.00
Shirodhara treatment with Ayurvedic massage 80'	128.00
Yoga (individual)	70.00
Qi Gong 60'	80.00

Facials

Mud mask with filiform shower 30'	28.00
Filiform shower 15'	18.00
Total cleansing 60'	75.00
Beauty massage 20'	26.00
Manual lymph drainage 30'	30.00
Mechanical lymph drainage 20'	25.00
Tuina Face 30'	50.00
Tuina Face 45'	67.00

Plastic Dermatology at the Spa

Microtherapy	120.00
Skin Balance System	100.00
Glycolic acid Peeling	100.00
Other Peelings	120.00
Combined Peelings	150.00
Dermal Filler implants (on demand)	
Rimage	450.00
Paris-Lip	350.00
Cross-Linked	250.00
Overlap	250.00
Picotage	150.00
Biolifting	150.00
Bio-resonance	100.00
Bio Re Vis	80.00
Fango Shatui® Face 55' (personalized mask)	200.00
Fango Shatui® Body 70' (personalized mask)	350.00

Specific treatments for all skin types

	EURO
Personalized programs	
Anti-age toning 50'	58.00
Moisturising & restorative 50'	58.00
Sebum balancing 50'	52.00
Hyaluronic acid (biological lifting) 45'	80.00
Bio-exfoliation with glycolic acid 50'	60.00
Specific eye area and lips 55'	60.00
Specific neck and décolleté area 45'	46.00
Pre/post exposure to sun 40'	46.00
Anti-oxidizing with Vitamin C 50'	70.00
AromaSpa 55'	80.00
Personalized facial 50'	60.00
Antara session - Face 60' (Transdermic Di-Electrophoresis)	130.00
Tuina anti-age face 80'	120.00

Legs

Kneipp tub vascular treatment 15'	30.00
Thermal Evian shower 15'	30.00
Manual lymph drainage 30'	46.00
Pressure therapy (pneumatic lymph drainage) 25'	40.00
Medicated mud therapy 25'	35.00
Bandage Pressure therapy 30'	68.00
Cold bandage treatments (Cryotherapy wraps) 25'	42.00

Massages

Sport 30'	40.00
Sport 45'	60.00
Sport 60'	80.00
Antistress 45'	48.00
Antistress 60'	57.00
Beauty 30'	40.00
Beauty 45'	60.00
Beauty 60'	80.00
Connective tissue 45'	58.00
Holistic 60'	82.00
Regina Isabella personalized 60'	90.00
Ayurvedic massage 50'	80.00
Four hands synchronized (under Evian shower) 30'	88.00
Four hands synchronized 40'	93.00
Thai massage** 45'	70.00
Thai massage** 60'	90.00
*Thai Leg and Foot massage** 45'	70.00

Manual procedures for the body

Manual lymph drainage Dr. Vodder method 30'	48.00
Manual lymph drainage Dr. Vodder method 45'	60.00
Manual lymph drainage Dr. Vodder method 60'	80.00
Shiatsu 45'	70.00
Oasis 30'	35.00
Reflexology 30'	42.00
Bioenergetic 45'	60.00
Stone Therapy 60'	90.00
Shiatsu Ohashi method® 45'	70.00
Indo Asian** 60'	90.00
Tuina Body 60'	90.00

** Subject to availability, please book in advance.