



THERMAL SPA
& BEAUTY

The Mezzatorre Hotel & Thermal Spa, a peaceful oasis proudly dominating the Gulf of Naples.

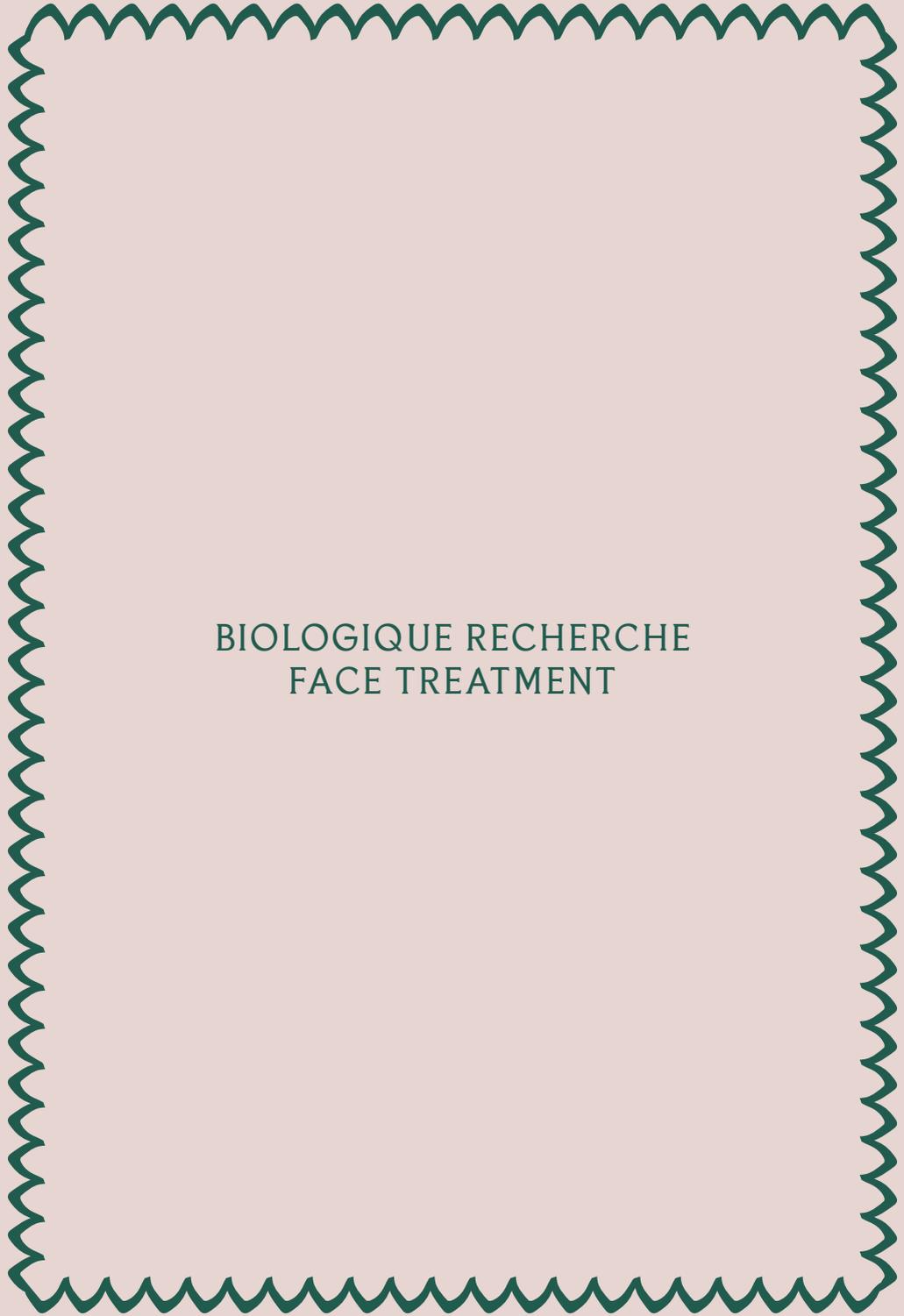
Ischia is the oldest destination Spa in the world and the hotel's Thermal Centre draws from this heritage offering a holistic wellness concept, to drive guests through a journey of discovery of a healthy and conscious lifestyle.

Housed in the 16th Century watchtower, the wellness centre offers different mind and body treatments performed with Ischia's precious thermal waters, that flow at 45° from the hotel's private spring into 3 hydrotherapy pools. The Thermal treatments are a must for those who need to recharge and leave behind the stress of everyday life. The thermal waters of Ischia, as well as the mud made with that water, are a real asset to cure various diseases such as respiratory diseases, rheumatism, and dermatitis.

Our Thermal Spa offers natural and effective therapies as well as personalized programs of preventive medicine, anti-aging and aesthetic treatments.

You will have at your disposal an excellent team of doctors, masseurs, physiotherapists and aesthetic medicine experts, to provide you with the best personalized programs.

Our gym offers the most modern equipment. The concept of holistic wellness that we promote at the Mezzatorre Spa, involves also physical activity and a healthy diet, in harmony with the seasonality of the products.



BIOLOGIQUE RECHERCHE
FACE TREATMENT



Biologique Recherche is internationally recognized for the effectiveness of its treatments perfected over 40 years, thanks to highly personalized protocols and highly concentrated botanical, marine and biological active principles, for immediate and long lasting results.

SOIN RESTRUCTURANT LISSANT

80 minutes

A reconditioning treatment for the epidermis with an immediate re-plumping effect designed for all Skin Instants®. It has a draining action on your skin, leaving your face, neck and chest smooth and toned.

SOIN LIFT C.V.S.

80 minutes

An exfoliating and lifting treatment combined with shaping techniques designed for mature Skin Instants®. It leaves the skin on your face, neck and chest smooth, refined and toned.

SOIN MC110

80 minutes

A treatment for reducing wrinkles and lines designed for lackluster Skin Instants®. It leaves the skin on your face, neck and chest toned and redefined.

SOIN OXYGÉNANT VIP O2

50 minutes

A regenerating and revitalizing treatment for the epidermis that works on all Skin Instants®. It restores the natural balance of your skin, leaving your face, neck and chest smooth and glowing.



SANTA MARIA NOVELLA
FACE TREATMENT



Pharmaceutical perfumer's workshop Santa Maria Novella from Florence is one of the oldest pharmacies in the world. Founded by Dominican Friars shortly after 1221. To create their lines for the care and hygiene of body and face creams they use herbs, plants, flower extract, vegetable oils and powders from dried and ground rare flowers.

ANTI AGING FACE RITUAL

50 minutes

A treatment conceived to tone and regenerate the skin. Santa Maria Novella's Natural Serum, enriched with vitamins, stimulates natural cell activity while Olive Oil and Pollen Extract improve skin elasticity. A Vitamin F mask and relaxing lymphatic massage complete the treatment.

WATER FACE RITUAL

50 minutes

An intensive hydrating treatment. Thanks to Santa Maria Novella's natural and fresh ingredients, such as Honey, Beeswax and Mallow extracts, the skin is deeply moisturised. A massage to regenerate and oxygenate the tissue, leaves the skin mat and toned.

ROSE FACE RITUAL

50 minutes

A treatment conceived for sensitive skin. A delicate exfoliation gently cleanses the skin, the Rose Floral Water decongests and tones it. The lymphatic massage and rebalancing mask will hydrate and protect the skin, producing an intense sense of wellbeing.

LUX FACE RITUAL

50 minutes

A deep cleansing treatment suitable for all skin types. A gentle apricot scrub exfoliate and a velvet mask brightens the skin. A deep massage completes this delicious treatment.



SPA MESSAGES

FACE / HEAD / NECK MASSAGE

30 minutes

Ayurvedic technique that acts on the three superior chakras, providing harmony and vitality, increasing the power of concentration and inducing a balanced state.

FOOT REFLEXOLOGY

40 minutes

A pressure, stimulation, and massage series on repeated points in different areas of the foot, corresponding to body organs, regions and repressed emotions, reduces anxiety while providing psycho-physical and emotional balance.

CANDLE

50 minutes

The perfumed and soft butter drops of the Santa Maria Novella Candle, will drip on the body in a pleasing warm sensation. Enjoy a deeply relaxing massage and let stress dissolve away in the flicker of candlelight.

SCENTED NOTES

50 minutes

Relaxing massage techniques produce a deep sense of serenity and wellbeing. Natural essences blended with Almond Oil nourish and moisturise the skin.

DEEP TISSUE

50 minutes

This classic massage is a complete and versatile technique that aims to treat superficial and internal muscles, working on parts of the body that are difficult to treat with a relaxing massage. It relaxes, improves the circulation and enhances the body's stress response.

LYMPHATIC DRAINAGE

60 minutes

Lymphatic massage is performed with spiralling movements, working on the lymph nodes. The masseur carries out extremely gentle manoeuvres, because this technique acts on the lymph vessels, which are thinner and more delicate than blood vessels. The treatment aims to improve the circulation. Suitable during pregnancy.

SHIATSU MASSAGE

50 minutes

Shiatsu is a treatment technique that involves applying pressure and stretching the acu points and meridians. Originating in ancient forms of traditional Oriental massage, it can provide targeted relief for musculoskeletal disorders, colitis, premenstrual syndrome, headaches and stress.

HOT STONE

50 minutes

A holistic massage performed with basalt lava stones. The stones are applied and rubbed on the body to beneficial effect, gently releasing their heat as they are placed on the chakra energy points. This treatment produces inner calm and relaxation, as well as releasing tension from the muscles.

LOMI LOMI

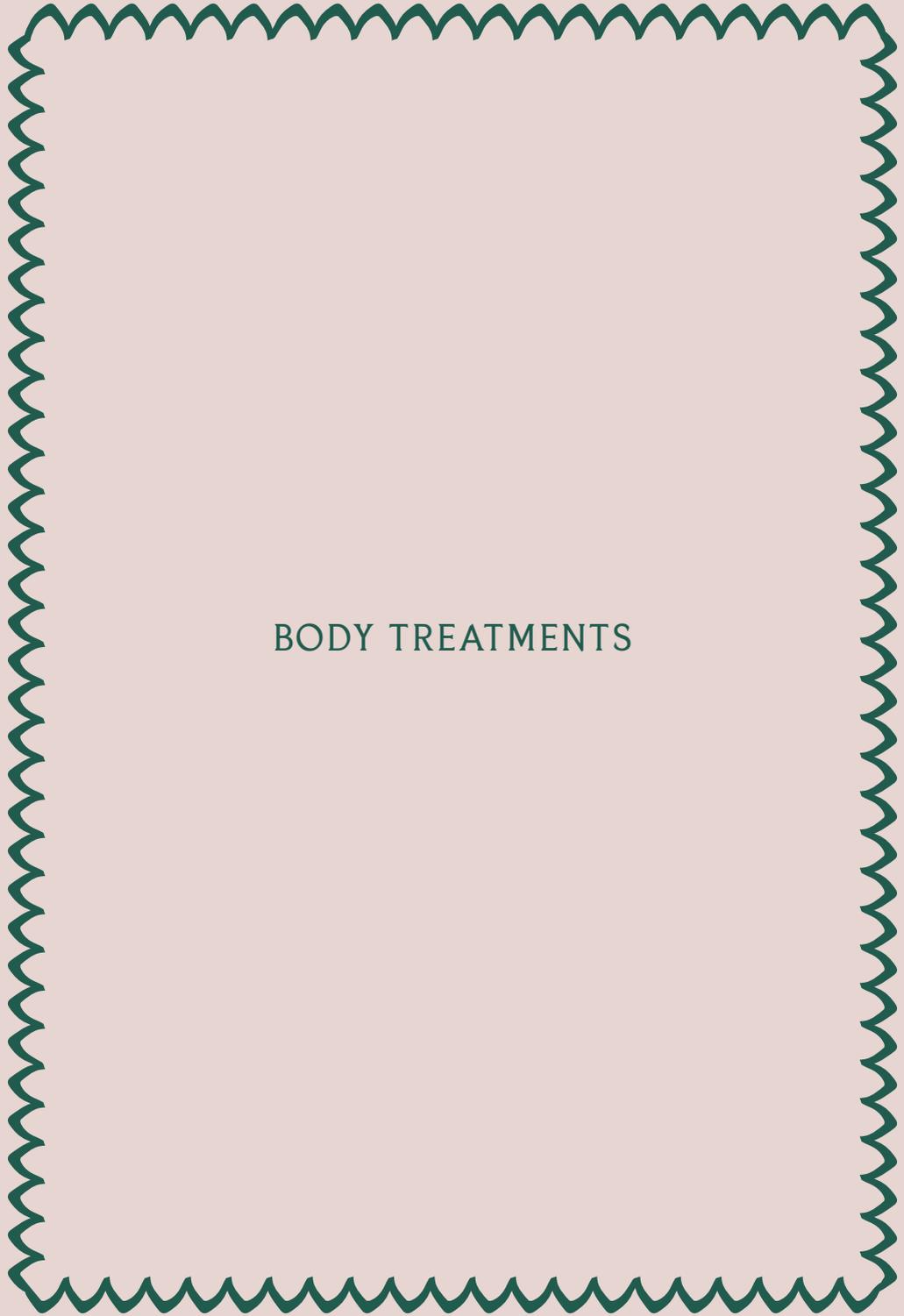
50 minutes

Lomi Lomi Massage has its roots in Hawaiian rituals that had an initiatory value or marked the transition to a new phase of life. We perform gentle movements with alternating energetic maneuvers, which aims to unite heart and body, driven towards novelty, different from before, with renewed energy.

AYURVEDA

90 minutes

Ayurvedic massage is all-enveloping technique, which restores strength and energy to the body, helping to recover the vital functions. It is also known as the massage of the soul, because this practice progressively restores contact with the innermost part of oneself. Hot oil and personalised essential oils are used during the massage.



BODY TREATMENTS

HERBAL BODY RITUAL

50 minutes

A complete beauty treatment transforms the skin to silk. Santa Maria Novella's aromatic natural salts, blended into a nourishing and moisturizing emulsion, leave the skin smooth and supple, thanks to a deep oxygenation.

IRIS RESTORING

50 minutes

Delicate treatment dedicated to sensitive skin. A gentle decongestant mask enriched with Santa Maria Novella's Floral Water, Olive Oil and Florentine Iris Powder, exfoliates, hydrates and protects the tissue. The cream, enriched with vitamin E and Aloe, will hydrate and nourish the skin, restoring the hydrolipidic film.

CITRUS FRUIT ANTIOXIDANT BODY RITUAL

50 minutes

A treatment conceived to exfoliate and regenerate the skin. Santa Maria Novella's deep acting Orange Honey and Sugar Cane body scrub combines with the antioxidant qualities of Citrus Fruits and Sweet Almond Oil.

DETOX BODY RITUAL

50 minutes

A tailor made body treatment to detoxify the body. A reducing, sculpting and anti-cellulite treatment containing active ingredients from thermal mud. A body mask made from draining thermal mud and purifying thermal water is applied and left in place for 20'. The treatment then concludes with a body massage, using specific techniques to reduce unsightly cellulite.

SEAWEED REDUCING WRAP

25 minutes

Specifically formulated for the abdomen and buttocks, this reducing body treatment contains seaweed packed with trace elements, vitamins and plant hormones. These active ingredients combat unsightly cellulite and localised adipose deposits. Recommended at the end of the balneotherapy course.

MUD WRAP

30 minutes

A detoxifying and purifying treatment that involves a mask of thermal mud from Ischia being applied to the whole body, cleansing the skin of all impurities.

COLD THERAPY

30 minutes

This treatment targets and improves the circulatory and lymphatic system. It provides relief for legs with circulatory problems, reducing oedema and swelling. After treatment, veins and capillaries are less evident, visibly slimming the legs.

PRESSURE THERAPY

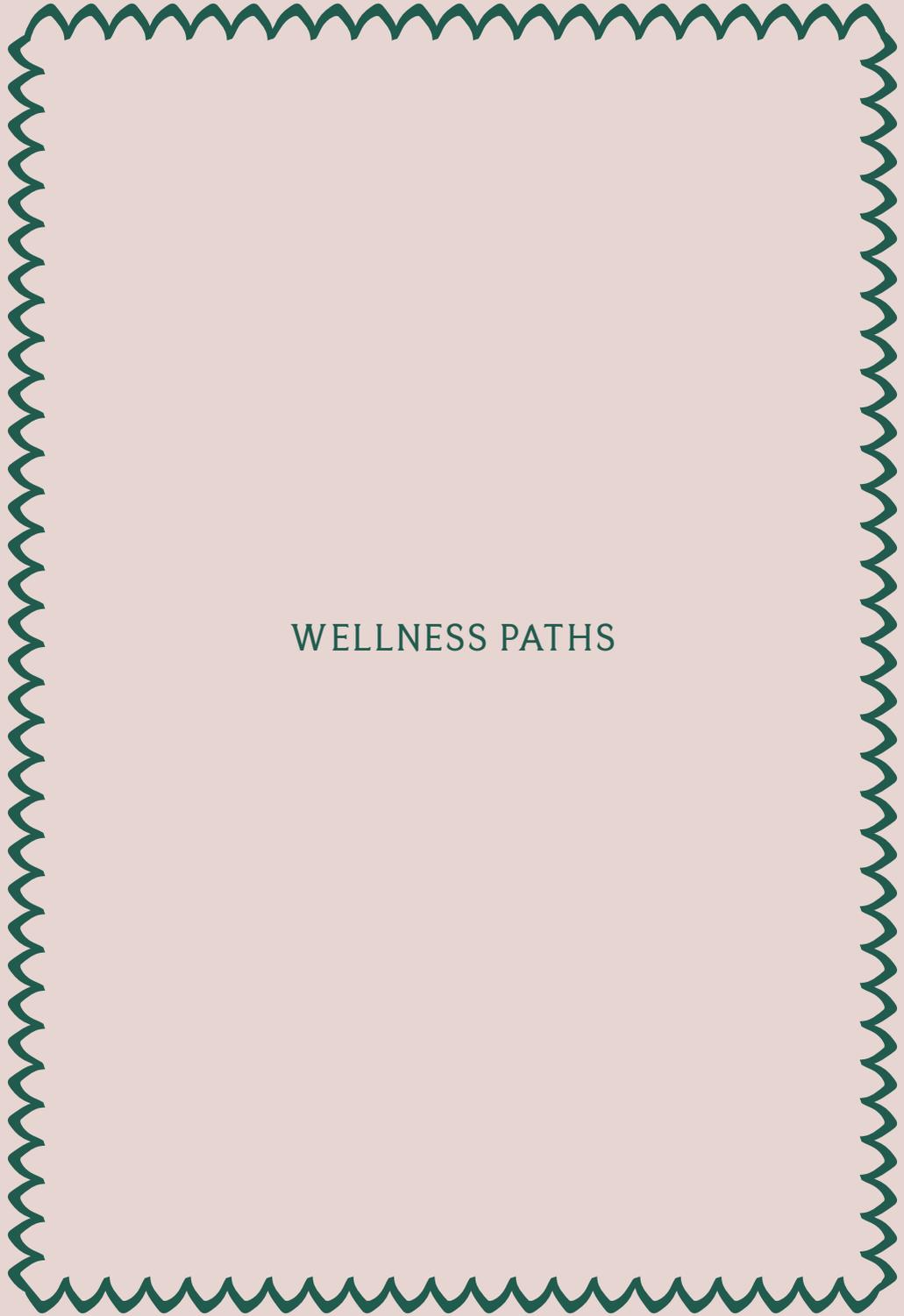
30 minutes

This highly effective anti-cellulite treatment uses mechanical action in the form of pneumatic compression stockings, which encourage circulation and help the body to eliminate excess fluids.

ULTRASOUND

25 minutes

This treatment uses high-frequency sound waves to increase the blood flow, allowing the oxygen to pass into the adipose cell interstices. As well as targeting cellulite, the ultrasound technique also helps to remove localized fat deposits, for a slimmer and more sculpted figure.



WELLNESS PATHS

REBALANCE

1 day (about 5 hours)
Recommended for couples

- 1 Complete balneotherapy
 - 1 Aromatic herbal body ritual
 - 1 Water face ritual
 - 1 Candle massage
- Relaxation area with herbal tea and fruit

FLOW

3 days
Light Legs

- 3 Kneipp therapy
 - 3 Presso therapy
 - 3 Frigo therapy
 - 1 Scented notes massage
 - 1 Foot reflexology
 - 1 Face/head/neck massage
- Relaxation area with herbal tea and fruit

RIVITALIZE

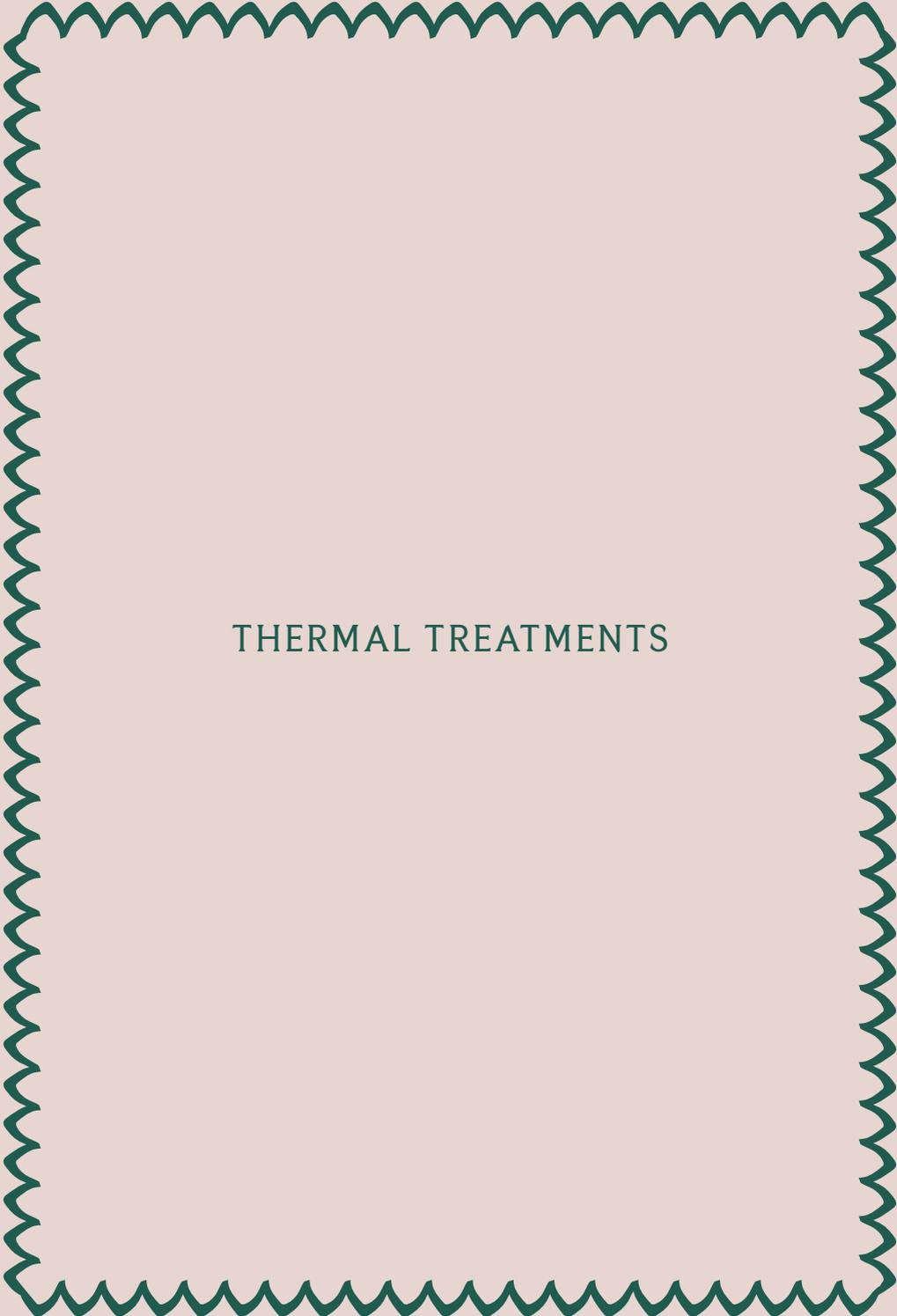
4 days

- 4 Complete balneotherapy
 - 1 Medical check up
 - 1 Detoxification ritual
 - 2 Seaweed reducing wrap
 - 2 Ayurveda massages
 - 2 Linfodrenante massages
- Relaxation area with herbal tea and fruit

REGENERATION

6 days

- 6 Complete balneotherapy
 - 1 Medical check up
 - 1 Consultation with a dietician
 - 6 Yoga or pilates lessons
 - 1 Antioxidant body ritual Santa Maria Novella
 - 2 Detox body rituals
 - 2 Mud wrap with thermal shower
 - 1 Deep tissue massage
 - 1 Lomi lomi massage
 - 2 Linfodrenante massage
 - 1 Soin oxygénant vip o2
 - 1 Manicure luxury spa
- Relaxation area with herbal tea and fruit



THERMAL TREATMENTS

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Thermal bath in the Tub with Ozone

30/40 minutes

Mud Wrap with Thermal Shower

30 minutes

Cold Mud Wrap

30 minutes

Inhalation

10 minutes

Aerosol

10 minutes

COMPLETE BALNEOTHERAPY - WET ZONE

1h30 free access, upon reservation

THERMALWATER-POOLS

6 different water-jets 38°C give great benefit for back, buttocks, abdomen, shoulders, legs, neck and cervical.

20 minutes

THALASSO-THERAPY SEA-WATER POOL

Special water jets 38 °C for buttocks and back and cervical waterfall, excellent for the respiratory tract

20 minutes

KNEIPP-THERAPY

Walking in 2 connected tubs with thermal-water 38°C and seawater 17°C. To improve circulation and tone up the legs.

15 minutes

TURKISH BATH

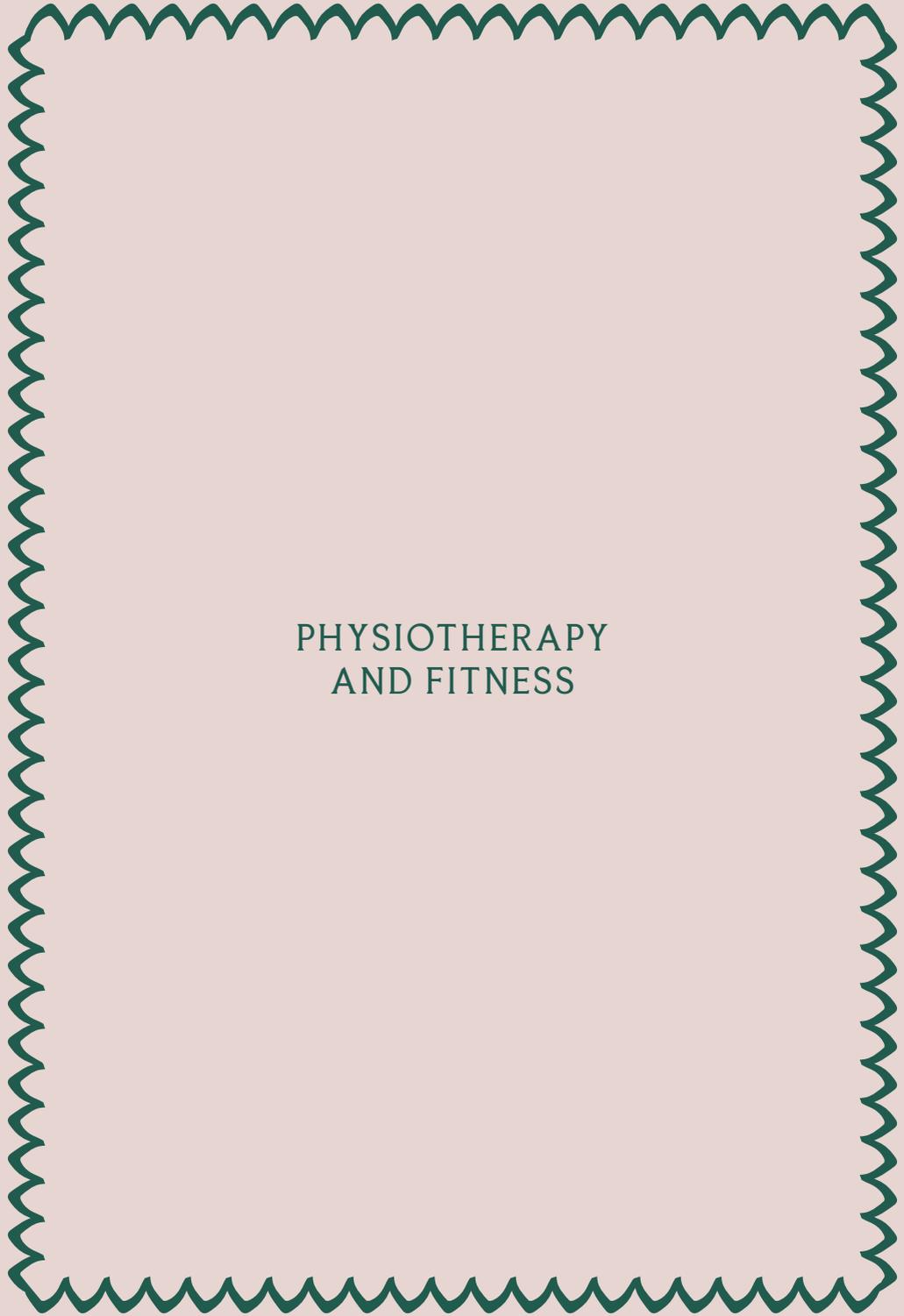
Steam room 40°C-60°C to remove impurity and toxins, helps muscles relaxation.

15-20 minutes

SAUNA

The environment is dry heat at 70°C , to remove toxins.

15 minutes



PHYSIOTHERAPY
AND FITNESS

HYDROKINESI THERAPY

25 minutes

Active and passive movements to mobilize muscles and joint recovery in thermal water.

KINESITHERAPY

25 minutes

Lumbar and cervical, shoulder or articulations.

OSTEOPATIC TREATMENT

50 minutes

Therapy method with attention to the health and natural structure of the body.

TREATMENT FOR POSTURE

60 minutes

Specific movements to give a correct posture.

CRANIOSACRAL TREATMENT

60 minutes

Soft and gentle manipulations on bones of the skull, neck and shoulders, for headaches, migraines and cervical issues.

FITNESS TECNOGYM TECHNOLOGIES

free access



MEDICAL SERVICE

MEDICAL EXAMINATION

30 minutes

Mandatory check-in visit to access the services thermal mud baths-balneo-therapy and inhalations.

MEDICAL CONSULTATION

15 minutes

Medical examination with data collection and search for possible contraindications for single treatments.

DIETETIC MEDICAL EXAMINATION

Visit with anamnestic data collection and any concomitant pathologies destined to the realization of a dietetic and / or detoxifying course.

SPECIALIST VISIT

More in-depth visit where use is also envisaged of diagnostic tools (audiometric examination, impedometric measurement, bio-body evaluation, electrocardiogram.) or where they are scheduled by the health inspections or daily visits (follow up in the routes dietetic, patients with multiple pathologies).

INTRAVENOUS PERFUSIONS

In the two variants DRIP (drip) or SHOT (injection in bolus) is practiced with different pharmacological formulas in outpatient clinic or on-demand room. A scrupulous visit is included pre-treatment and follow-up control.

AURICULAR WASHING

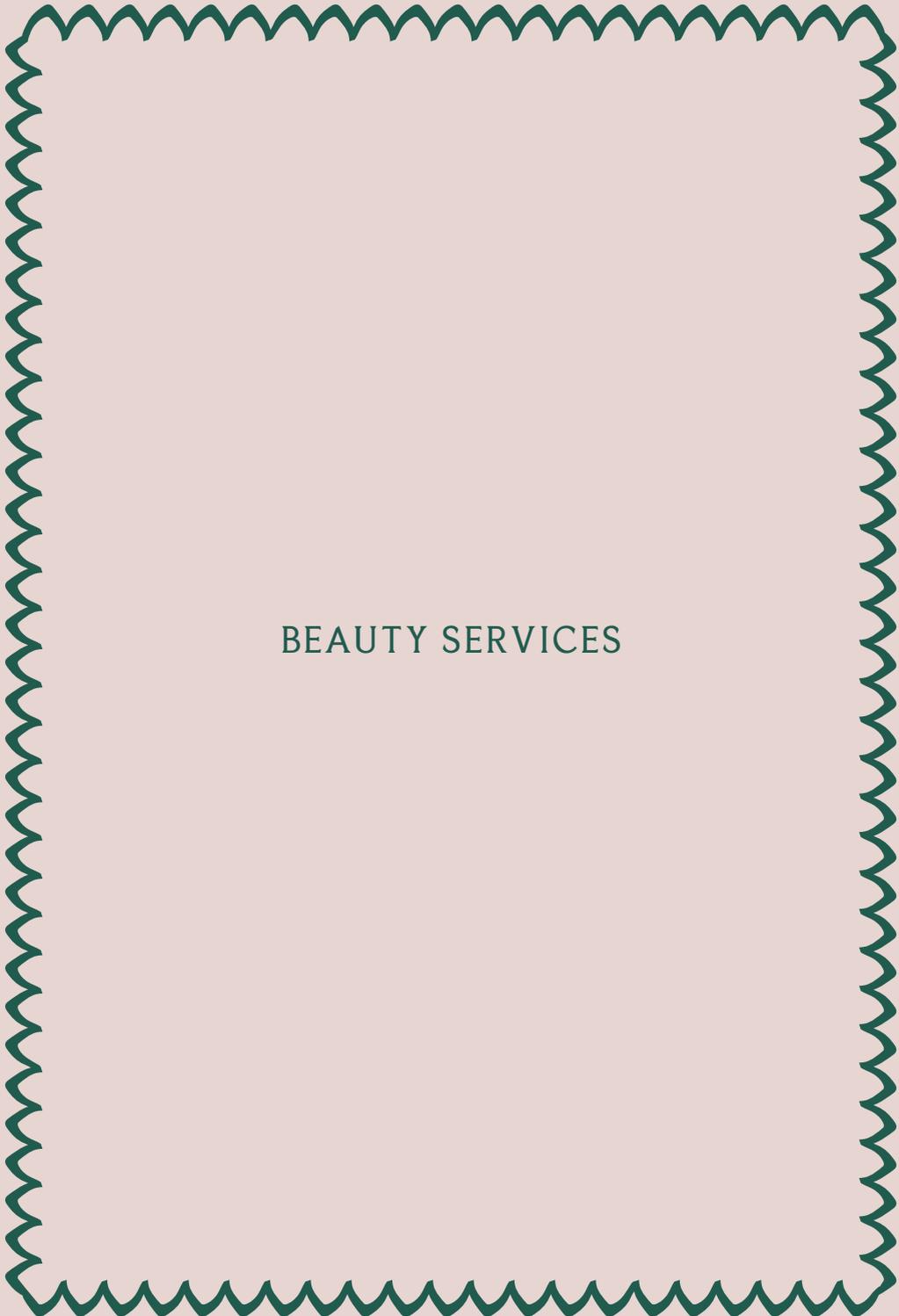
Practiced personally by the specialist, it consists in the irrigation with thermal water of the auditory ducts for the removal of foreign bodies in the duct (wax plugs, flaking, presence of diseases affecting the ear canal).

COLON WASH

Colon cleansing with hydrothermal mixtures, herbal teas, lactic ferments, precious oils. It is performed in the client's room after a visit with subsequent formulation of the procedure which is always subjective and personal. A remote control visit is scheduled with administration of bacterial flora, prebiotics, probiotics.

BIO-BODY EVALUATION

Medical examination with collection of anthropometric data (weight, height, thickness of skin folds, thickness of various body areas, evaluation of cardio-circulatory parameters etc.) and subsequent release of certification and / or exam results with subsequent recommendations for the future.



BEAUTY SERVICES

MANICURE LUXURY RITUAL

50 minutes

A soft scrub and natural enzyme peeling mask for your hands. The nourishing properties of Santa Maria Novella's Almond Paste promotes suppleness in your skin. A stimulating massage it follows the care of the hands with the application of the nail polish complete the treatment.

PEDICURE LUXURY RITUAL AESTHETIC/CURATIVE

A deep exfoliation and warm footbath with a blend of Scented Salts, refresh, tone and prepare muscle tissues for feet and legs most effective treatment. A drainage and stimulating massage complete the treatment followed by the application of Santa Maria Novella's Foot Cream that relieves feet and legs from fatigue. It follows the care of the feet with the application of the nail polish complete the treatment.

WAXING PARTIAL/TOTAL

Santa Maria Novella's Florentine Iris Powder and delicate Rose Floral Water calms and refreshes the skin before waxing. The treatment is completed with the application of a moisturising balm that leaves the skin sensuously soft and smooth.

SEMI-PERMANENT POLISH

CHANGE POLISH NAILS



SPA ETIQUETTE

OPENING EVERY DAYS

Thermal treatments
from 9:00 am to 4:00 pm

Access to thermal pools
from 9:00 am to 8:00 pm

Beauty Center
from 10:00 am to 8:00 pm

PRIVACY AND RELAXATION

To ensure all guests enjoy our peaceful surroundings, we ask that noise be kept to a minimum as there are treatments in progress. While in the Spa, we kindly ask that all cellular phones be turned off.

SPECIAL HEALTH ADVICE AND WARNINGS

It is advised that you consult our Medical Doctor prior to seeking spa services if you have allergies, high blood pressure, heart conditions, varicose veins, are pregnant or have health conditions. Be sure to notify the spa receptionist before booking so s/he may better guide you.

APPOINTMENT RESERVATION

It is recommended that you book your treatments in advance in order to select your preferred time and avoid disappointment.

All of our treatments are subject to availability. Please contact the Spa by dialling ext. 609 from your in-room telephone, by e-mail: spa@mezzatorre.it or by dialling (+ 39) 081 986111

OUR CANCELLATION POLICY

Please notify us at least 3 hours in advance if you need to cancel or reschedule your appointment. Any cancellation with a shorter notice will result in a 50% fee being charged. "No Show" appointments will be charged at full price of the booked treatments.

OBSERVANCE OF SCHEDULED APPOINTMENT TIME

Please arrive 10 minutes prior to your scheduled treatment time allowing you to relax and start your treatment on time. Arriving late will unfortunately limit the time allotted for your treatment; it will lessen the effectiveness of the treatment and more importantly your pleasure and enjoyment. As a courtesy to all our clients, all treatments are completed as scheduled. Full charge for the service will apply.

WHAT TO WEAR

We suggest you come to the Spa wearing the bathrobe and slippers provided in your room. During the treatment it is mandatory to wear the swimsuit or the disposable slip. We recommend that you leave your valuables and jewellery in your room, we do not assume liability for any valuables.

HOW TO MAXIMIZE YOUR SPA EXPERIENCE

During the treatment feel free to communicate to your therapist your preferences, expectations and concerns. If you are uncomfortable with anything throughout your treatment – the pressure, the music, the temperature – please speak up. The therapist will make an adjustment. It is your choice whether to talk during the treatment or to stay quiet. The therapist will follow your lead. Therapists drape towels or sheets (to protect your privacy) at all times during treatments. Only areas that are being worked on are undraped.



LEADING
HOTELS®

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