



**THERMAL SPA  
& BEAUTY**

Perched on a cliff, in a 16<sup>th</sup> century watchtower that overlooks the Gulf of Naples, the Mezzatorre's Thermal Spa & Beauty is a peaceful oasis designed to restore the senses, re-energise the body, and let you embark on a journey to your inner self.

Its location couldn't be more fitting: Ischia is the oldest Spa destination in the world, and as such, it has long revelled in the healing embrace of its natural settings. Our Thermal Spa draws from this heritage, to guide all our guests towards their personal version of holistic wellbeing.

The Spa itself features a number of exclusive facial and body treatments performed with Ischia's mineral-rich thermal water, which flows at 45°C from the hotel's private spring into three hydrotherapy pools. Every ritual has been developed to reap the full benefits of this restorative bounty, and it's a must for anyone in need of a little rest and relaxation.

There's more. Spa experiences using mud derived from combining the island's thermal water with volcanic clay work wonders on ailments like respiratory pathologies, rheumatism, and dermatitis; while natural ingredients and

targeted therapies inform all our personalised programmes, which span preventive medicine, anti-ageing treatments, and aesthetic solutions.

A highly qualified team of doctors, masseurs, physiotherapists, and aesthetic medicine experts is at our guests' service to provide the best assessments and bespoke packages for every individual, as well as bring both tangible physical benefits and lasting inner balance.

Lastly, but just as importantly, our fitness centre features state-of-the-art equipment for all your workouts, whether you're a seasoned gym enthusiast or a beginner seeking a new routine. And because we believe that when one is relaxed and healthy more effective results are obtained, we pair our Spa offerings with wholesome, seasonal diets, for an all-encompassing approach to wellness.

For those looking for instantly visible benefits and the rebalancing of body and mind, our Thermal Spa is the place to be.



BIOLOGIQUE  
RECHERCHE TREATMENTS



With over 40 years of experience developing the most effective beauty treatments and products in the world, French luxury line Biologique Recherche applies a rigorous, holistic approach to skincare.

All Biologique Recherche programmes begin with a customised dermocosmetic analysis of the skin – what the brand calls “Skin Instant®” – to take an in-depth snapshot of your needs and advise on the treatments and products that are best suited to each individual.

A range of products rich in plant-based, marine, and biological extracts complement every ritual, and guarantees immediate and long-lasting results.

# FACIAL TREATMENTS

## SOIN RESTRUCTURANT LISSANT

70 minutes

A reconditioning treatment that tones, drains and smooths out the epidermis, suitable for all Skin Instants®.

## SOIN LIFT C.V.S.

70 minutes

An exfoliating and lifting treatment combined with massage techniques for mature Skin Instants®. Skin is smoothed, toned and refined.

## SOIN BIOSENSIBLE

45 minutes

A treatment that stabilizes Skin Instants® that are particularly fragile or prone to reactions. The skin of your face, neck and décolleté feels soothed and more comfortable.

## SOIN VIP O<sub>2</sub>

70 minutes

A treatment to detoxify and stimulate the epidermis, and reoxygenate the skin tissue for dull Skin Instants® that are choked by urban pollution. The complexion gains an incredible glow, skin is more luminous and bursting with radiance.

## SOIN SPECIFIQUE APRÈS SOLEIL

45 minutes

This unique SOS treatment calms the skin while strengthening the epidermis, reducing skin sensitivity, and decreasing redness and itching.

# BODY TREATMENTS

## SOIN P50 PEAU NEUVE

50 minutes

A revitalising full-body treatment that leaves skin softer, plumper and hydrated.

## MODULE NUQUE

20 minutes

A localised cervical massage performed with a soothing, relaxing oil works on pressure points around the scalp and neck. Perfect for ensuring a good night's rest.



SANTA MARIA NOVELLA  
TREATMENTS





Casa Fondata nell' Anno 1612  
Firenze

Founded by Dominican friars in 1221, the Florentine Officina Profumo-Farmaceutica di Santa Maria Novella is one of the oldest pharmacies in the world. Today, it is one of the most sought-after skincare brands there is, thanks to its line of award-winning, botanically inspired cosmetics, fragrances and face and body creams.

# FACIALS

## NUTRIENT FACE RITUAL

50 minutes

A nourishing treatment for skin that needs a light reconditioning. Hyaluronic acid stimulates natural cellular activities, while a mix of vegetable oils gives new elasticity and freshness to the epidermis. A mask and a lymphatic drainage massage conclude the experience, for a visibly younger, revitalized and smoother complexion.

## AQUA FACE RITUAL

50 minutes

This highly moisturising facial uses fresh and natural ingredients such as Rose Floral Water and Damask Rose to help restore elasticity and softness, while a stimulating massage re-oxygenates the skin tissues, making them more compact.

## DELICATE FACE RITUAL

50 minutes

Ideal for sensitive types, this facial starts with a gentle exfoliation to cleanse and detoxify the skin, followed by Rose Floral Water to decongest and tone it. A draining massage and a balancing mask finish the ritual, to instil a feeling of deep well-being and relief.

# BODY TREATMENTS

## POMEGRANATE RITUAL

75 minutes

A treatment designed to exfoliate and regenerate the skin. The dermoprotective oil with its elasticising action mixed with lavender flowers offers a medium intensity scrub. The treatment ends with a moisturizing massage with a pomegranate cream with elegant and oriental notes.

## POTPOURRI RITUAL

75 minutes

A treatment designed to gently exfoliate the skin. The dermoprotective oil with its elasticising action, mixed with a blend of herbs flavoured with mint and sage, offers a delicately intense scrub. The treatment ends with a moisturizing massage with potpourri cream that recalls the scents of the Tuscan territory.

## GARDENIA ROSE AROMATIC MASSAGE

50 minutes

A delicate and refreshing massage that soothes the body with the astringent and toning properties of the Roses. The treatment begins with a rose water-based wrap, an iconic product of Santa Maria Novella, and ends with Gardenia Rose cream.

## THE QUEEN'S AROMATIC MASSAGE

50 minutes

A relaxing massage accompanied by the fruity notes of orange blossoms – a fragrance adored by Queen Catherine de Medici – and the silkiness of lavender oil, ideal for more mature skin.



AUGUSTINUS BADER  
TREATMENTS



# Augustinus Bader

Inspired by over three decades of scientific research and innovation, Augustinus Bader – a globally recognized biomedical scientist – has developed a revolutionary and award-winning approach to professional skincare, based on stem cells biology and regenerative medicine. Professor Bader's tried-and-tested formulas are powered by TFC8®, or Trigger Factor Complex, a unique patented technology consisting of over 40 ingredients that supports the body's natural regenerative processes, creating the optimal conditions for cell renewal.

Mezzatorre x Augustinus Bader treatments have been designed to offer a highly individualised approach to skincare, and respond to specific individual needs, from the appearance of fine lines and wrinkles to hyperpigmentation and cellulite.

# THE AUGUSTINUS BADER METHOD

Every treatment performed using Augustinus Bader products is bespoke and supported by TFC8® technology. A personalised massage completes every experience, to stimulate cellular rejuvenation, and further purify the body and mind.

It is a highly sensorial, luxuriating ritual, designed to address the skin's needs in depth but also enhance general wellbeing. The results, visible from the first session and lasting over time, range from a more toned contour to a brighter complexion, improved circulation, and a healthier, stronger, and more resistant epidermis.

# FACIALS

## THE AUGUSTINUS BADER BESPOKE INTRODUCTORY FACIAL

45 minutes

An introductory treatment to the Augustinus Bader method, this facial combines TFC8® technology with personalised manual lift techniques, to enhance cell renewal and bestow deep hydration. Skin will be visibly more radiant, firm and defined, even after just one session.

## THE AUGUSTINUS BADER ADVANCED EXPERIENCE

75 minutes

A step beyond the introductory facial treatment, this advanced ritual combines a personalised massage with the application of a soothing, detoxifying Augustinus Bader vegan Algae sheet mask to stimulate cellular communication and protection, boost hydration, and regenerate skin at a deep level. An activating scalp massage and sensorial hand and arm massage complete this rejuvenating offering, for an additional touch of relaxation.



# BODY TREATMENTS

## THE AUGUSTINUS BADER FULL BODY RITUAL

75 minutes

This intensive and sophisticated treatment uses TFC8® technology to firm, soothe and rejuvenate the body from head to toe. Begin your experience with a delicate Augustinus Bader Oil and Sea Salt Scrub, followed by a fascial massage to activate tissue metabolism and stimulate cellular communication and repair. The application of Augustinus Bader's clinically tested Body Cream – one of the brand's hero products – completes the session, to reduce the appearance of cellulite, firm up and smooth your whole body, with immediately visible results.



# MESSAGES

## “DOLCE STAR BENE” MASSAGE

50 minutes

Essential oils and Mediterranean scents characterise this stress-relieving massage, with citrus notes that favour drainage, balsamic hints given by thyme and antibacterial properties linked to lavender.

## FEET REFLEXOLOGY

30 minutes

Holistic energy rebalancing technique, which acts on the "points" on the feet's soles that correspond to specific areas of the body. The high concentration of nerve receptors present in the foot makes plantar reflexology an effective system for resettling and relaxing the individual.

## RELAXING MASSAGE

50 minuti – € 150,00

This massage uses relaxing and enveloping manual techniques to create a state of well-being and harmony. Sweet almond oil nourishes and moisturizes the skin.

## DEEP TISSUE MASSAGE

50 minutes

75 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress, as well as improve circulation and the body's stress response. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck and sore, tight shoulders.

## LYMPHATIC DRAINAGE

50 minutes

With carefully applied pressure and movements, this healing massage relieves tension, improves circulation and assists in lymphatic drainage, acting on the lymph vessels, which are thinner and more delicate than blood vessels.

## FOUR HANDS MASSAGE

50 minutes

All the benefits of an enveloping massage, times two. Two therapists work in synchrony on the same parts of the body, for a relaxing ritual like no other. For this treatment, guests are advised to only wear their underwear, so that the therapists can better choreograph their moves.

## AYURVEDIC MASSAGE

60 minutes

Using an all-enveloping technique, this massage bestows strength and energy, releasing tension in key parts of the body and leaving you feeling relaxed yet recharged. Traditionally, ayurvedic massages are also known as the massage of the soul, because they help restore contact with the innermost part of oneself. Hot oil and personalised essential oils accompany the therapy.

## PRENATAL MASSAGE

40 minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during pregnancy. Performed using Biologique Recherche's Huile Fondamentale to bring comfort to the skin, whilst helping to relax, restore and revitalise. A medical examination is recommended before the treatment.



# THERMAL TREATMENTS

## OUR MUD

Thanks to a six-month-long maturation in special mud baths with thermal water from our source (classified as hyperthermal chloride-sodium-sulfate water that gushes out at about 70°C) our mud is enriched with minerals, algae and microorganisms that offer countless therapeutic properties. Application of the mud at a temperature of 44-45°C degrees provides multiple benefits, including anti-inflammatory effects, regenerative effects, muscle relaxation, detoxification, activation of metabolism, improvement of circulation and osteo-muscular activity.

## MUD WITH THERMAL SHOWER

30 minutes

The mud is applied at about 44-45°C for about 15 minutes, followed by a thermal cleansing shower and a 15-minute rest phase for sweating and post-mud reaction.

## MUD WITH THERMAL BATH

45 minutes

The mud is applied at about 44-45°C for about 15 minutes followed by a single-tub balneotherapy with complete immersion in thermal water for an additional 15 minutes. It then concludes with the last 15 minutes of rest for sweating and post-mud reaction.

One compulsory medical examination before the treatment mud-therapeutic

## THERMAL PACKAGE

One compulsory medical examination  
30 minutes

One thermal mud, applied at about 44-45°C  
with a thermal shower  
30 minutes

One Balneotherapy with sweat reaction  
30 minutes

One toning massage  
50 minutes

## THERMAL AREA

### THERMAL POOLS

Two thermal pools, with temperatures of 38° and 36°C, with six water jets that work on muscle tension, giving immediate relief to the back, shoulders, neck, buttocks, abdomen, and legs.

### KNEIPP THERAPY

Vascular path with two pools, one with 40°C thermal water and one with 15°C nonthermal water, to reactivate microcirculation and tone the legs.



## WELLNESS AREA

### THALASSOTHERAPY SEAWATER POOL

The 38°C water jets work on the back and neck to promote circulation, tone and improve body firmness. This treatment is beneficial for the respiratory tract.

### SAUNA

### STEAM ROOM

### WELLNESS & THERMAL AREA

50 minutes – Free access upon reservation

Access is not allowed to pregnant women, children under 12 years old, people with heart conditions. In case of other diseases, it is recommended to consult our doctor.



TREATMENTS ON REQUEST

## CRANIOSACRAL TREATMENT

50 minutes

A gentle hands-on technique that uses a light touch to manipulate neck, head and shoulders, to allow movement of the fluids in and around the central nervous system. Ideal to combat headaches, migraines and cervical issues.

## PILATES, YOGA AND PERSONAL TRAINER

60 minutes

## FITNESS TECHNOGYM TECHNOLOGIES

Free access



MEDICAL SERVICES

## MEDICAL EXAMINATION

Mandatory check-up to access services such as thermal mud baths and balneotherapy.

## MEDICAL CONSULTATION

A medical examination to identify guests' concerns and develop a customised treatment programme.

## SPECIALIST VISIT

An in-depth visit that uses diagnostic tools (audiometric examination, impedimetric measurement, bio-body evaluation, electrocardiogram), or can be set up on a daily basis to check on guests and closely follow up on their progress. Recommended for guests that might suffer from different pathologies.

## INTRAVENOUS PERFUSION

In its two variants DRIP (drip) or SHOT (injection in bolus) the intravenous perfusion is applied with different pharmacological formulas in an outpatient clinic or in the comfort of your room. A thorough check up and follow-up are included before and after the treatment.

## AURICULAR WASHING

Practised by a specialist, this treatment consists in the irrigation of the auditory ducts with thermal water, to remove foreign bodies in the ducts (wax plugs, flaking, or ailments affecting the ear canal).

## COLON WASH

Colon cleansing with hydrothermal mixtures, herbal teas, lactic ferments, and natural oils. It is performed in the client's room after a specialist visit, and with specific formulas that are customised according to the individual's needs. A second visit follows, for the administration of bacterial flora, prebiotics, and probiotics.



BEAUTY SERVICES

## COLD MUD

30 minutes

Thermal mud is applied at 20°C with a thermal shower. Particularly suitable for the legs, this treatment has draining and exfoliating properties, and reactivates microcirculation. A medical examination is not required.

## LUXURY MANICURE RITUAL

50 minutes

A full manicure featuring a curated selection of moisturising products to cleanse, exfoliate, treat and nourish the skin, making your hands visibly softer.

## LUXURY PEDICURE RITUAL AESTHETIC

A complete pedicure that uses moisturising ingredients to cleanse, exfoliate, treat and nourish the skin, leaving your feet smoother.



## EPILATION

Full leg  
Half leg  
Bikini  
Underarms  
Arms  
Upper lip  
Back  
Eyebrows

## NAIL POLISH CHANGE

## HAIR STYLING

Upon reservation



SPA ETIQUETTE

## OPENING TIMES

The Mezzatorre's Thermal Spa & Beauty is open from 9 AM to 7 PM until 31 May and starting 16 September, and from 9 AM to 8 PM from 1 June to 15 September.

## ETIQUETTE

To ensure the tranquillity and serenity of our guests, the Thermal Spa & Beauty requires that you do not use cell phones within the Spa areas, and that you maintain a moderate tone of voice.

## SUGGESTIONS

A preventive medical examination is mandatory for thermal mud therapy treatments. In case of pregnancy, allergies, high blood pressure, heart problems, chronic respiratory diseases, diabetes, epilepsies, varicose veins, etc. we recommend that you consult our Health Director before booking any treatment.

## DRESS CODE

Guests can arrive from the room already in a bathrobe or prepare for the treatment directly in the cabin. During treatments, it is mandatory to wear a bathing suit, or the disposable briefs provided by the Spa. We invite you to leave valuables in the safe of your room; in case of loss, the Spa assumes no responsibility.

## AT YOUR SERVICE

Our therapists are trained to deliver the most effective, comfortable and personalised treatments. Please inform them of any preferences, doubts, and expectations that you might have (massage pressure, music volume, room temperature) so that they can make sure you enjoy your experience to the fullest.

## RESERVATIONS

We recommend that you book your Spa experience in advance, to secure your preferred time. All treatments are subject to availability. Reservations can be made by sending an e-mail to: [spa@mezzatorre.com](mailto:spa@mezzatorre.com) or by calling the number +39 081 986111. If you are a guest of our hotel, just enter extension n. 609 from your room phone.

## CANCELLATIONS

In case of cancellation within 12 hours prior to the appointment, a charge of 50% of the cost of the treatment will be issued. For cancellations made within the previous 2 hours, the full amount will be charged.

## PUNCTUALITY

We suggest arriving around 10 minutes before your scheduled appointment, to ensure you can relax ahead of the treatment, and start on time. Any delay will shorten the treatment time and will not allow you to enjoy the full experience.



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