



be Fit ...
be Well ...
be Healthy

The SPA Beauty & Body Treatments



Aesthetical Treatments ...for Her & Him

Hands & Feet	30'/60'		
Ritual Manicure	€ 35	Pedicure	€ 25
Nail Polish Hands / Feet	€ 12	Ritual Pedicure	€ 40
Wax	30'/60'		
Eyebrows / Upper Lip Hair	€ 8	Armpits / Groin	€ 15
Half Leg	€ 20	Half Leg + G	€ 25
Leg	€ 28	Leg + A + G	€ 55
Back	€ 25/30	Total Ritual Wax	€ 70/ € 85
Facial	60'		
Face Cleansing and Exfoliation with Mini massage	€ 55		



Body Treatments of Exclusive Thalgo Line for a complete Wellness at 360° ...

⊗ Gommage "Purity Ritual" Thalgo Body Scrub	40'	€ 45
⊗ "Aromaceane" (Mud with 100% natural essential oils) **	60'	€ 70
⊗ Thalassoterapy: "Micro-Eclatées" seaweed treatment **	60'	€ 65
⊗ "Frigithalgo" (treatment for cellulite and circulatory disorders)	50'	€ 55

** For the maximum benefit, in these treatments we use the innovative "Thermosauna Slim Wellness Gold"

SPA ... salus per aquam

💧 **Fit & Well SPA Entrance** 180' € 38

Equipped with Hydropool, Finnish Sauna, Steam Bath with pure Eucaliptus Essence, Emotional Showers, Fountain of Ice, Relax Area with Choice of Herbal Teas, Fitness Area
 → Bathrobe, towels and flip flops included at the SPA
 → Disposable swimsuits are available at extra charge

☑ **"Fitness Only"** Entrance at the Fitness Area

60' € 12



Massages

⇒ Localized

30' € 40

Deep Massage of the Muscular Bands of a specific zone (legs or back)

Δ Sporting

45' € 55

Excellent for those who want to increase the sporting performance, it facilitates the muscular recovery after a competition.

✦ Total Body Relax

60' € 68

This Relaxing Massage is practiced with 100% natural essential oils that, combined with these therapeutic touches, relax the body

∞ Decontract

60' € 68

Deep Massage of the muscular bands. It allows to unblock a possible tension in particular parts of the body, releasing the positive energy that pervades the musculature and the nerves

✦ Personalized

60' / 75' / 90'

€ 68 / € 83 / € 98

The hands of the Masseur perceive the tiredness of the body and they transmit vital energy with decontracting and revitalizing movements, giving wellness to body and mind.

💧 Draining

30' / 60'

€ 50 / € 68

Acts on blood and lymphatic circulation, fighting water retention, acting on the swelling, bringing a sense of lightness to the legs for a better circulation through all body. Helps to eliminate fluids and toxins

⊗ Anti – Cellulite

30' / 60'

€ 50 / € 68

This is a connective massage that allows the draining of tissues and the relocation of fats, reducing the "orange peel skin" effect and reshaping the Silhouette. The skin becomes more elastic and compact

Ω Firming / Tonic

60' € 68

It helps toning and keeping tissues firm, improving the synthesis of collagen and elastic fibers that are supporting our skin. Contrasts the skin relaxation.

☯ Indian Ayurvedic

75' € 85

It regenerates body and mind. From "Ayur" : Life, Vida and Science, this massage overlooks all aspects of the Wellness of living Beings: psychophysical and spiritual. It gives a total energy balance and wellness to every cell, the body eliminates toxins, swelling disappears leaving a feeling of heaviness. The skin becomes soft and silky leaving you into a pleasant sense of serenity and harmony. It is performed with Ayurvedic Warm Oil...

“ Business & Wellness “



FOR THOSE PEOPLE WHO HAVE NO TIME BUT WANT TO TAKE CARE OF
THEMSELVES...

30' FITNESS
+ MASSAGE 25' “BACK & NECK”
+ SPA AREA DETOX & RELAX 30'

€ 55,00

EVERYDAY UNTIL 10.00 P.M.

GUESTS STAYING IN THE SPA UNTIL 10.00 P.M. CAN BOOK A “**LATE DINNER**” AT THE
RESTAURANT **LA DELIZIA** UNTIL 10.30 P.M.

A LIGHT DINNER WILL BE AVAILABLE IN ADDITION TO OUR TRADITIONAL MENU.

IN CO-OPERATION WITH **LA DELIZIA** RISTORANTE & WINE BAR

FOR MORE INFORMATION AND RESERVATION, PLEASE ASK AT THE SPA RECEPTION

CANCELLATIONS CAN BE MADE FREE OF CHARGE MAXIMUM 4 HOURS BEFORE APPOINTMENT.

TREATMENTS BOOKED BUT NOT CANCELLED WILL BE CHARGED.

GUESTS UNDER 16 ARE NOT ADMITTED IN THE SPA.



LARGO PORTA NUOVA 12/C 24122 BERGAMO

TEL: 035 4130924 WWW.SENSACION.IT

OPEN EVERYDAY FROM 7.00 A.M. TO 10.00 P.M.