



HOTEL COLUMBIA

MONTECATINI TERME
WELLNESS & SPA



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SPA Menu



HOTEL COLUMBIA

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HOTEL COLUMBIA WELLNESS & SPA WELCOME

SUMMARY

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Including: 1 colour-therapy steam bath, 1 KNEIPP course , 1 emotional shower with aroma-therapy, tropical therapy, 1 Relax time in Thepidarium, 1 Relax in Calidarium , Sauna and Hydro-pool (thalassotherapy). Length 90 minutes



Prices of courses (involving the use of both during opening hours):

“EMOTIONAL TIME” COURSE

EMOTIONAL SHOWER

An emotional shower offers much more than a simple shower: is a wellness mini-course with multiple functions in a small space. Thank to nozzles and water valves located on the ceiling and walls, cold and hot water properties combine with scents and oily essences. Emotional shower functions are:
 * Cold fog effect with aroma, * Scottish massage, * Cervical massage, * Vertical lympho-draining, chromo-therapy, * Aromatized tropical rain * Epidermic shock, * Shower waterfall effect

KNEIPP THERAPY

Kneipp therapy is specific to revitalize blood circulation thank to plantar massages made in special tubs in which hot and cold water alternate. The temperature successions, combined with the strength of water pushed by nozzles (Scottish type) located at the bottom and sides of the tubs (feet and calf level), help to oxygenates lower limbs. Polished river stones located at the bottom of the tubs practise an effective plantar massag

SAUNA

Practice deriving from Scandinavian countries it is designed to ensure health and long life to the body, psychic wellness, sense of peace and relaxation all at the same time. Taking advantage of dry heat and high temperature (50 - 80°C) it induces intense perspiration into the body which dilates pores, eliminates toxins, improves muscular tone and gives clear cardiovascular benefit

HYDRO-POOL (Thalassotherapy)

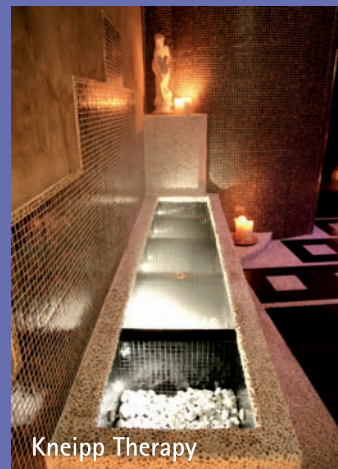
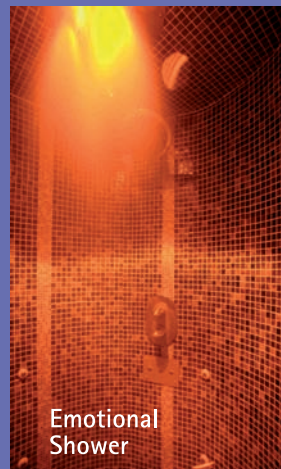
Immersion in a hydro massage tub is perfect for diffusing wellness throughout the body. The particular combination of air and water in addition to a considerable and immediate sense of relaxation creates a vasodilatation with consequent stimulation of the circulation, loosening of muscular tension, toning and cleansing of the skin. whirlpool, waterfall cervical blade, "a thousand bubbles Geiser", Hydro bed, benches Hydro

HAMMAM

Relax body and mind... In ancient thermal spas the room called Tepidarium was the placed designed for relaxation. We re-propose this concept in the relaxation area, where you can relax and let yourself be swept away with your imagination to exotic locations. (25 - 40°C)

TURKISH BATH

The steam bath, commonly called "Turkish bath", belongs to the same ancient tradition of purifying baths. The simultaneous action of team and controlled heat helps blood and lymphatic circulation by dissolving toxing and promoting their expulsion. (40 - 60°)



3 hours of pure well-being euro 35.00, Daily euro 50.00

“OCEAN EVASION” COURSE

SALT GROT

Surrounding you with salt and its scents, as you hear the sounds of waves, wind and rain, salt grot transmit a beautiful sensation of relax and well-being, thanks to its microclimate, comparable to the sea air in the morning or after a storm, therefore rich in iodine and microelements.

RASUL BATH

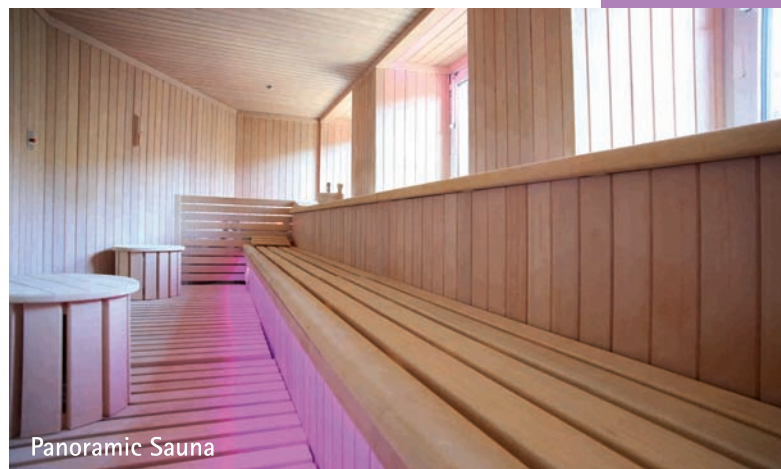
It's an ancient ritual of purification that has been passed down to us by the tradition of oriental cures; the combination of many healing clays with a pleasant warm and oriental scents purify your body. Thanks to a pleasant scrub effect, your skin will become soft and peachy. At the end you move to a refreshing shower and, if you want, to an immersion in a little pool with hydromassage.

PANORAMIC SAUNA

During a session in the sauna you can stay completely in relax. Legs and muscles, tired and stressed recover quickly thanks to the warmth and while you let your mind fly your body reacts to high temperature by dilating the pores of the epidermis, increasing perspiration and expel toxins.

RELAXING ROOM

Beds in wich you can find relax, soft music, colourtherapy and drink a tisana or a tea.



MASSAGES

AESTHETIC MASSAGE

Stimulates blood circulation and removes liquids stagnation re-equilibrating a correct cellular metabolism
Length 20 minutes euro **35,00**

UPPER BACK AND NECK RELAXING MASSAGE

The operator look for contracted muscles with soft manipulations "listening" the body through his hands, indentifying tensions and pains.
Length 25 minutes euro **38,00**

MODELLING MASSAGE

A tonic and detoxicated skin thank to this technique. Massage is made with rithmic and delicate movements following lymphatic ways
Length 30 minutes euro **40,00**



HAWAY MASSAGE (Origin from Haway Islands)

The operator use the elbows for a very and complete relax of the whole body. Rhythmic and delicious movement
Length: 30 minutes euro **45,00**
Length: 60 minutes euro **78,00**

HOT STONE MASSAGE

As Famous as relaxing massage with hot stone volcanic origin. The warm stones directly on the skin and then with a sweet and circular massage you can have a very nice and hot sensation
Length: 30 minutes euro **45,00**
Length: 60 minutes euro **78,00**

BODY RELAXING MASSAGE

All your body is involved in this pleasant massage starting with a fingerpression on plantar reflexology going up to the head for a complete relax of the whole body.
Length: 40 minutes euro **48,00**

ANTI-STRESS MASSAGE

Feel the strength of this massage which recognizes musculature and let vital energy flow. This treatment is a combination of various techniques.
Length: 50 minutes euro **58,00**

ANTI-STRESS CHOCOLATE MASSAGE euro **68,00**

LIMPHODRAINING MASSAGE

Lymph is a liquid which flows into the lymphatic system. Manual massage helps to clean our body from slags and toxins.
Length: 50 minutes euro **65,00**

FOUR HANDS MASSAGE PARADISE EFFECT

Simultaneous massage of two operators. Their energy and concentration gives strength and calm. Ideal to get rid of tension caused by work. Prolonged and continuous contact gives the complete unguarded feeling.
Length: 50 minutes euro **98,00**

HAND AND HOT HONEY

Hot Honey: The operator massages the hand and look for contracted muscles with soft manipulations indentifying tensions and pains.
Length: 10 minutes euro **20,00**

WELL BEING

MASSAGE FOR COUPLES

LOVE IS LIGHT MASSAGE

A couple's massage and the couple did together in the same dressing room for total relaxation. A skin toned and detoxified is the result obtained with this technique. The massage is performed with gentle rhythmic movements.
Lenght: 30 minutes euro **48.00 p.p.**

LOVE IS MASSAGE PLUS

A couple's massage and the couple did together in the same dressing room for total relaxation. A skin toned and detoxified is the result obtained with this technique. The massage is performed with gentle rhythmic movements.
Treatment duration: 30 minutes euro **78.00 p.p.**



MUDS

DEAD SEA ANTI-CELLULITE AND ADIPOSITY TREATMENT

Entirely natural treatment to give a healthy look to the skin, oxygenating tissues and removing liquids in excess.

Length: 60 minutes euro **70,00**

PINEAPPLE MUD

Slimming and anti-cellulite treatment

Length: 50/60 minute euro **70,00**

NATURAL CLAY MUD

One of the oldest beauty product used by Egyptian women to purify their body. It absorbs liquids in excess and fight cellulite.

Length: 60 minutes euro **70,00**

COFFEE MUD

Special treatment for fat slight blemishes stimulating internal metabolism.

Length: 60 minutes euro **70,00**

VANILLA MUD

Vanilla gives relax and wellness sensation. Its enchanting fragrance calms down, relaxes and gives a great feeling of fulfilment

Length: 60 minutes euro **70,00**

CHOCOLATE MUD

This treatment gives you an immediate physical and mental wellbeing. Vasodilator effect with positive influence on blood circulation, your skin will be soft and smooth with an intense cocoa fragrance.

Length: 60 minutes euro **70,00**

REGENERATE

REGENERATING BODY TREATMENTS

BODY NUTELLA (CHOCOLATE) TREATMENT

Nutella! Delicious , Toning up treatment. Giving compactness to the muscles leaving a smooth skin
Length: 60 minutes euro **70,00**

BODY YOGURT TREATMENT

Toning up treatment. Giving compactness to the muscles leaving a smooth skin
Length: 60 minutes euro **70,00**

HONEY BODY TREATMENT

Body cleansing with nutritive and levigating effects.
Length: 60 minutes euro **70,00**

BODY SCRUB

Exfoliating and regenerative skin treatment trough special creams application. Remove dead cells and make skin ready for following treatments.
Length: 30 minutes euro **45,00**

SCRUB SALT AND CHOCOLATE

euro **48,00**



BODY TREATMENTS

PEPPERMINT RELIEF BALM

Lenitive and refreshing treatment. Specially indicated for legs and feet. Stimulates blood circulation with a fresh feeling given by peppermint.
Length: 20 minutes euro **35,00**

CREAM PACK OF SEASONAL FRUITS

Cosmetics line for those who understand the value of mental and physical wellness. It's the result of long study made by an alternative-medicine expert's team. A healthy skin has a positive influence on your mind.
Length: 50 minutes euro **75,00**

RE-BALANCING ESSENTIAL OILS MASSAGES

to couple with the precious creams fire, wood, land, metal and respective energetic stones.
Length: 60 minutes euro **80,00**

STRENGTHEN yourself

FACE TREATMENTS WITH NATURAL PRODUCTS

FRESH SEASON FRUITS MASK

Really fresh treatment with fresh season fruits. We know fruits have many properties. Regenerating and toning up the skin giving a fresh start to tissues thanks to vitamins and yogurt
Length: 30 minutes euro **48,00**

CUCUMBER TREATMENT EYES

Blanket-bath with fresh cucumber directly on the eyes. Action: relax , tonic , clean and leaving a wellness sensation
Length: 30 minutes euro **48,00**

FACE RELAXING MASSAGE

To keep face skin young, beautiful and relaxed
Length: 30 minutes euro **48,00**



FACE TREATMENTS WITH NATURAL PRODUCTS

BASIC FACE EXFOLIATING PEELING

To keep face skin young, beautiful and relaxed
Length: 30 minutes euro **48,00**

GREEN CLAY PURIFYING MASK

Purifying and renewing effect. Toxins and impurities pass from skin to the mask which works as a blotting paper. Simultaneously the mask transmits special minerals to the skin removing dead cells and giving a shining effect.
Length: 30 minutes euro **48,00**

ORIENTAL MASSAGES

PLANTAR REFLEXOLOGY

Since ancient times we know that feet plants have a great richness of nervous terminations connected to other body parts.
Length: 60 minutes euro **95,00**

SHIATSU MASSAGE

Ancient Japanese massage, manual techniques and energy, restores balance and relieves tension. The Shiatsu operates with pressure moves through the fingertips, knuckles, with the palms of the hands, soles of the feet, with his elbow or knee, depending on the location and intensity of stimulation sought.
Length: 30 minutes euro **48,00**
Length: 50 minutes euro **78,00**

SANGAT MASSAGES

Sangat means the SET. Massage branch of Ayurveda. Sangat is a set of techniques and practices is an art. There is a certain instinctive ability to use hands in a movement of scrubbing and squeezing. Relaxing as it is comfortable, allows relaxation and well-being

Sangat body and mind: 30 min. euro **48,00**
Sangat body and mind: 60 min. euro **68,00**
Aroma Sangat con olii essenziali: 30 min. euro **48,00**
Aroma Sangat con olii essenziali: 60 min. euro **68,00**

RENEW

yourself



DAILY SPA

DAYLY SPA PACKAGES

FAST LIGHT 1 DAY

1 modeling massage (30 min.), 1 EMOTIONAL TIME COURSE, 1 " OCEAN, EVASION!" COURSE
Price: **68,00** euro

Oneday NUTELLA! 1-2 days

1 mineral herbal scrub with Nutella (30 min) , 1 aromatic Nutella mud (60 min) ,
1 EMOTIONAL TIME COURSE, 1 " OCEAN, EVASION!" COURSE
Prezzo **115,00** euro

HE AND SHE SPECIAL PLUS 2-3 DAYS

1 mineral herbal scrub (30 min.), 1 green clay purifying mask (60 min.), 1 natural Dead Sea mud (60 min.),
1 aesthetic massage (20 min.),
2 EMOTIONAL TIME COURSE, 2 " OCEAN, EVASION!" COURSE
Prezzo **235,00** euro

ORIENTAL ENERGY 2-3 DAYS

1 Shiatsu massage (30 min.), 1 Hot Stone massage (30 min.), 1 Haway massage (30 min.), 1 peppermint
relief balm (20 min.), 2 EMOTIONAL TIME COURSE, 2 " OCEAN, EVASION!" COURSE
Prezzo **235,00** euro

CHOCOLATE! CHOCOLATE! 2/3 DAYS

1 mineral herbal scrub with chocolate spicy (30 min.), 1 chocolate mud (60 min), 1 chocolate cream anti-
stress massage (50 min.), 1 peppermint relief balm plantar massage with chocolate spicy (20 min.), 1 green
clay purifying mask (30 min.),
3 EMOTIONAL TIME COURSE, 3 " OCEAN, EVASION!" COURSE
Prezzo **330,00** euro

BEAUTY & RELAX 4/5/6 DAYS

1 mineral herbal scrub (30 min.), 1 Hot stone massage (30 min.), 1 Shiatsu massage (30 min.), 1 Haway
massage(30 min.), 1 green clay purifying mask (30 min.), 1 dorsal and cervical massage (25 min.), 1
modeling massage (30 min.), 1 peppermint relief balm (15 min.),
4 EMOTIONAL TIME COURSE, 4 " OCEAN, EVASION!" COURSE
Prezzo **388,00** euro



Attenzione: tutti i prezzi riportati in questo catalogo si intendono per persona.
Please note that all prices quoted in this brochure are per person.



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