

SPA menu

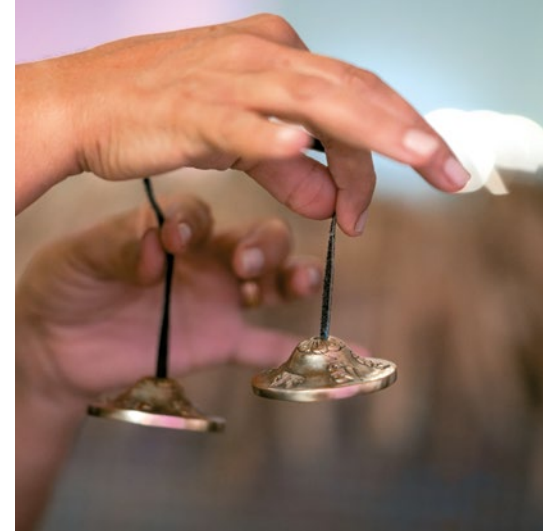
SG HOTEL GROUP



HOTEL \*\*\*\*  
MIONI ROYAL SAN



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BODY AND SOUL, a new holistic wellness concept to soothe and relax the body and nourish and re-energise the soul.



*Our goal is to exceed your expectations. Here in Sg Hotel Mioni Royal San we promise you a fully regenerating experience thans to the ancestral*

*techniques of oriental medicine that our specialist will decline for you in unique rituals both individually and for couple.*



HARMONY. Aromatherapy, foot massage, abdominal massage and head massage.

*Leave your stress at the door and indulge in a moment of pure relaxation with our welcome ritual. This ritual is rooted in the traditions of the Far East and draws on Ayurvedic influences to energise and breathe new life into the body.*

🗄 Harmony ⌚ 50 min. 👤 1 person € 85,00



MOTHER EARTH.  
Invigorating caffeine scrub, body and face mask with D.O.C. mud from the Euganee thermal spas, calming thermal bath, draining massage with essential oils.

*A detoxifying drainage ritual that counteracts the skin's natural ageing process thanks to the powerful properties of mud and thermal water. This soothing and relaxing ritual is the ultimate pampering experience and also has an oxygenating, purifying, revitalising and anti-ageing effect on the skin.*

☑ Mother Earth

🕒 80 min.

👤 1 person

€ 120,00

CLEOPATRA. Aromatherapy, dry body brushing, massage with softening milk extract oil, facial brushing and a nourishing mask.

*During this magical ritual, the skin is exfoliated with a dry body brush with natural bristles for a lymphatic and draining effect. Your skin will also become more receptive to active ingredients. Next, an indulgent and deeply nourishing milk-vitamin massage will brighten the skin, giving it an incredible silkiness and a new-found radiance.*

🗄 Cleopatra ⌚ 80 min.

👤 1 person € 140,00



RITUCHARYA. This oil massage based on an ancient Ayurvedic technique uses a Kansa wand to stimulate the lymphatic system and target the main marma points of the face and body.

*An Ayurvedic ritual promoting deep relaxation. Using a special ebony and copper wand, we stimulate the vital points of the body to restore energy and vitality. The overall benefits include muscle relaxation, deep tissue oxygenation, lymphatic drainage and a general firming of the skin.*

☰ Ritucharya ★  
⌚ 80 min.  
👤 1 person  
€ 120,00



## Couples' rituals.

*TRIBAL HAMMAM. This couples' ritual performed in the intimate setting of our Privé Suite consists of a deep Moroccan savon noir treatment followed by an indulgent argan oil massage that deeply nourishes and moisturises the skin.*

 Tribal Hammam  80 min.  2 people  € 200,00







*PERSIAN ROSE. Roses bloom all year with this luxurious ritual. The skin is softly caressed by the essential oil of the precious Persian rose with its smoothing and radiance-boosting properties. Even the most delicate of skin will be left looking brighter and feeling moisturised and nourished. The heady, all-embracing fragrance of the rose will relax the mind and bring feelings of joy and renewed energy. Try our Persian rose treatment for a truly mesmerising experience.*

📄 Persian Rose ⌚ 120 min. 👤 2 people € 260,00



## Classic massages.



### Relax

Gentle, soft manual techniques are used to achieve ultimate relaxation. Performed with a mild cream and gentle pressure.

🕒 25 min.	👤 1 person	€ 40,00
🕒 50 min.	👤 1 person	€ 70,00
🕒 50 min.	👤 2 people	€ 150,00

### Argan

Gentle, soft manual techniques are used to achieve ultimate relaxation. Luxurious argan oil is applied to revitalise and brighten the skin.

🕒 50 min.	👤 1 person	€ 70,00
🕒 50 min.	👤 2 people	€ 150,00

### Haemolymphatic drainage

This full-body massage combines slow, rhythmic motions that follow the blood and lymph circulation system to promote the removal of toxins and liquids. It also decontracts muscles and has a toning effect on the nerves, connective tissue and muscle fibres.

🕒 50 min.	👤 1 person	€ 70,00
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### Relaxing back and neck massage

This treatment uses manipulations and decontracting massage techniques to release muscle tension in the back and neck area whilst also working deep into the tissues.

🕒 25 min.	👤 1 person	€ 40,00
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### Deep tissue massage

Highly effective deep tissue massage. This technique is particularly effective at relieving tension in the body by decontracting the muscles. It is used to treat a wide variety of problems, improves posture and flexibility, and helps reduce the inflammation that causes pain.

🕒 50 min.	👤 1 person	€ 70,00
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### Decontracting hot stone massage

The Hot Stone Massage dates back thousands of years and is rooted in two distinct cultures: the Ayurvedic tradition and the Shamanic tradition of the Arizona Indians. This massage uses hot stones to combine the beneficial effects of thermotherapy with those of massage to give a powerful decontracting and energising effect.

🕒 80 min.	👤 1 person	€ 99,00
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### Shiatsu (on request and with advance booking only)

An acupressure technique aimed at removing blockages and restoring the normal flow of ki energy to instil a state of relaxation, well-being and an improved mind-body connection.

🕒 50 min.	👤 1 person	€ 75,00
🕒 80 min.	👤 1 person	€ 99,00

### Craniosacral massage

(on request and with advance booking only)

Craniosacral massage is an osteopathic manual therapy that targets the structures of the craniosacral system using gentle and non-invasive manipulations. This technique is rooted in the holistic philosophy that acting on certain parts of the body benefits all organs and the mind.

🕒 50 min.    👤 1 person    € 75,00  
🕒 80 min.    👤 1 person    € 99,00

### Thai (on request and with advance booking only)

Traditional Thai massage, or “nuad phaen boran” in the Thai language, literally means “touch to heal” and originated as a form of medical massage practised by Thai monks. It is normally performed on the ground without oil, with the recipient dressed in comfortable clothing. Thai massage increases blood circulation, promotes the release of toxins from cells and releases energy, leaving the recipient feeling energised and refreshed.

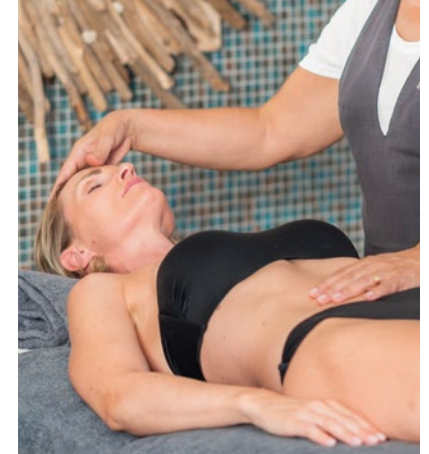
🕒 50 min.    👤 1 person    € 75,00  
🕒 80 min.    👤 1 person    € 99,00

### Watsu (on request and with advance booking only)

Watsu is the hot water version of Shiatsu and thus combines the benefits of thermal water with those of the ancient Japanese medical art. The body is gently supported as it floats, creating a deep state of surrender and total relaxation. Alternating between stillness and movement, a kind of harmonious dance is performed where stretching is followed by rocking, while free movements emerge from the depths of the body.

🕒 50 min.    👤 1 person    € 75,00  
🕒 80 min.    👤 1 person    € 99,00

## Massages from the world.



### Balinese massage

Our personal take on the traditional Balinese massage. This treatment is a fusion of different holistic disciplines blended together to create what we all look for in a massage. Enjoy a profound sense of relaxation thanks to deep muscle techniques that release muscle stiffness, especially in the back and neck, and promote deep tissue drainage and oxygenation.

🕒 50 min.    👤 1 person    € 75,00  
🕒 50 min.    👤 2 people    € 160,00

### Udwartana massage

Udwartana is a purifying treatment that uses plant powders such as chickpea flour, ginger and turmeric to eliminate excess toxins and leave the skin feeling supple and soft. This treatment includes an exfoliating massage with a scrub containing spices known to help rebalance the Ayurvedic doshas.

🕒 50 min.    👤 1 person    € 75,00  
🕒 80 min.    👤 1 person    € 105,00\*

### Californian massage

Sometimes also called psychosomatic massage or psychic massage, Californian massage aims to “connect” the body with the mind to improve the well-being of the whole person. This massage uses gentle manual techniques for a truly blissful experience.

🕒 50 min.    👤 1 person    € 75,00

### Hawaiian Lomi Lomi massage

The Lomi Lomi massage is performed with distinctive slow, deep and rhythmic strokes using the hands and forearms. It benefits the body by targeting the muscles and stimulating the lymphatic, circulatory, respiratory and digestive systems. It also relaxes the mind and spirit by targeting the nervous system, bridging the gap between body and mind.

🕒 50 min.    👤 1 person    € 75,00

### Plantar reflexology

This healing technique inspired by ancient Chinese medicine involves acupressure stimulation of specific areas of the sole of the foot. Through targeted acupressure, reflex zones throughout the body are stimulated, thus helping to re-balance the body and relieve physical and energetic discomfort.

🕒 25 min.    👤 1 person    € 40,00  
🕒 50 min.    👤 1 person    € 75,00

### Abhyanga

The Abhyanga massage technique views the body, mind and spirit as a whole. It seeks to restore the balance between the

psychological, energetic, physiological and structural levels, the imbalance of which can lead to illness and feelings of unease. Ayurvedic massage is a full-body treatment that uses various manual techniques, stimulation, and manipulation combined with the application of warm healing oils.

🕒 50 min.    👤 1 person    € 75,00  
🕒 80 min.    👤 1 person    € 105,00

### Abhyanga with Swedana

Abhyanga massage with the added benefit of a final steam bath. Not only does steam have a powerful relaxing effect, it also helps open pores, allowing the Ayurvedic oils to penetrate more deeply into the skin, thus increasing their effectiveness.

🕒 50 min.    👤 1 person    € 75,00  
🕒 80 min.    👤 1 person    € 105,00

### Abhyanga with Pindasweda

During this treatment, warm cloth bags are passed over the skin along the energy channels to promote muscle relaxation. A blend of herbs and spices contained in the bags help restore muscle tone. Combined with the soothing action of Abhyanga massage, the warm therapeutic bags are highly beneficial and induce a state of deep relaxation.

🕒 50 min.    👤 1 person    € 75,00  
🕒 80 min.    👤 1 person    € 105,00

### Shiroabhyanga

A restorative and relaxing treatment that improves scalp microcirculation. It also instils a sense of relaxation and mental clarity, helps improve sleep quality and relieves tension. Particularly effective for muscle tension headaches.

🕒 25 min.    👤 1 person    € 40,00

### Shiroabhyanga with Shirodara

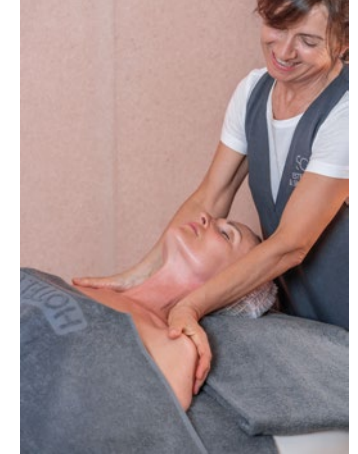
Sit back and unwind with this head, face and neck massage finished with a Shirodara oil treatment. It promotes deep relaxation and helps rebalance the energies of the 6th and 7th chakras. To conclude the treatment, warm oil is gently poured onto the third eye for a unique experience and an unforgettable sense of well-being.

🕒 50 min.    👤 1 person    € 75,00

### Abhyanga with Shirodara

This treatment incorporates all the advantages of abhyanga massage with the added benefits of Shirodara. Warm oil poured over the 6th chakra promotes a deeper and more intense feeling of relaxation. The recipient is able to let go of all their tension and reconnect with their inner self, making this treatment a true embodiment of the Ayurvedic experience.

🕒 80 min.    👤 1 person    € 105,00



## Facial treatments.

### Facial cleansing

A classic skin purification treatment that deeply cleanses the skin and removes impurities. It rids the skin of pollutants and make-up residue and restores balance and hydration.

🕒 50 min.    👤 1 person    € 55,00

### Facial cleansing with radiofrequency

A classic skin purification treatment that deeply cleanses the skin and removes impurities. It rids the skin of pollutants and make-up residue and restores balance and hydration. It also incorporates the firming and anti-ageing effects of radiofrequency for a treatment that makes a visible difference to the complexion.

🕒 50 min.    👤 1 person    € 90,00

### Lifting facial massage with nourishing serum

A lymphatic facial massage for those seeking a facelift effect without the scalpel. The concentrated serum oil used has a powerful and deeply nourishing and restructuring effect on the skin.

🕒 25 min.    👤 1 person    € 55,00

### Personalised facial treatment

Each person's skin has its own unique needs that only a professional can assess. Four pathways aimed at meeting each of your skin's needs will be tailored specifically to you. Casa MEI's wild botanical products delight the senses with their captivating natural aromas and the best active ingredients that wild plants have to offer.

🕒 50 min.    👤 1 person    € 85,00

### Anti-ageing facial treatment

A luxurious complete facial treatment with specific anti-ageing effects. The high concentration of active ingredients helps regenerate the complexion, giving it a boost of energy and a new lease of life. Plant hyaluronic acid and colloidal silver will leave your skin looking instantly fresher and more radiant.

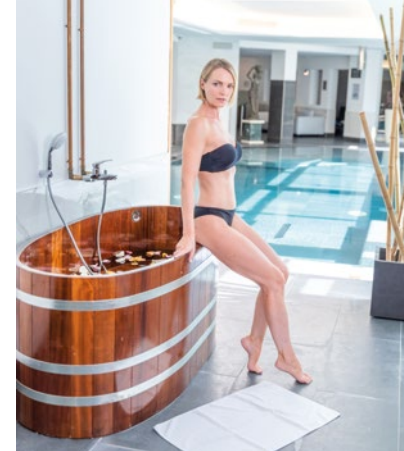
🕒 80 min.    👤 1 person    € 115,00

### Touch of a Feather

Regenerating facial massage with dry brushing for a stimulating, oxygenating and draining effect. A results-driven beauty treatment that deeply cleanses the skin and promotes microcirculation, helping to oxygenate the tissues and stimulate collagen production. The massage is rounded off with a regenerating yet nourishing mask for a final moment of pure bliss.

🕒 50 min.    👤 1 person    € 85,00

## Body treatments.



### Regenerating exfoliation

A gentle massage with exfoliating products to regenerate the skin, significantly improving its appearance and promoting the penetration of the active ingredients of creams and serums. This treatment is highly recommended when the seasons change and is the perfect way to prepare your skin for the sun.

🕒 25 min.    👤 1 person    € 40,00

### Draining and detoxifying treatment

The skin is revitalised during the first step of this treatment thanks to the application of a green clay scrub. After preparing the skin, a firming and nourishing massage is performed with oil and body lotion containing horsetail oil, macadamia nut oil and herbal extract of lucerne.

🕒 50 min.    👤 1 person    € 70,00

### Light legs treatment

This draining wrap infused with pure essential oils targets the blood circulation and lymphatic system for a draining and detoxifying effect.

Wrap treatment ⌚ 25 min. 👤 1 person € 40,00

Wrap treatment and haemolymphatic massage ⌚ 50 min. 👤 1 person € 75,00

### START UP anti-cellulite treatment

The START UP Ayurvedic poultice is the star ingredient of this anti-cellulite treatment which also promotes lymph drainage and stimulates microcirculation. These effects stem from the well-known properties of the 8 essential oils used, activated by turmeric and ginger in apple cider vinegar. Before the mud is applied, a detoxifying massage with a green clay scrub is performed followed by a targeted draining massage with horsetail oil and juniper gel.

Legs and stomach massage ⌚ 50 min. 👤 1 person € 80,00

Full body massage ⌚ 80 min. 👤 1 person € 105,00

### Dolce vita

Delight your senses with the essential oils of sweet orange and lemon as you rejuvenate your skin and give it a new-found softness and radiance. The ritual begins with the Dolce Vita

scrub containing sugar micro-crystals, followed by a firming citrus massage and finished with the application of a silky, illuminating Sweet Orange cream. Experience this moment of unforgettable well-being.

⌚ 50 min. 👤 1 person € 80,00

### Persian rose treatment

Roses bloom all year with this luxurious ritual. The skin is softly caressed by the essential oil of the precious Persian rose with its smoothing and radiance-boosting properties. The facial treatment (if you choose the 80 minutes version) brightens, moisturises and nourishes even the most delicate of skins. Try our Persian rose treatment for a truly mesmerising experience.

Body treatment ⌚ 50 min. 👤 1 person € 80,00

Face and body treatment ⌚ 80 min. 👤 1 person € 140,00

For your skin and  
body well-being.



## Aesthetics

### SUNBED

Sunbed	⌚ 8 min.	👤 1 session	€ 12,00
Sunbed + application of Australian Gold	⌚ 8 min.	👤 1 session	€ 18,00

### À la carte beauty treatments

Express Manicure	⌚ 25 min.	👤 1 session	€ 20,00
Classic Manicure	⌚ 50 min.	👤 1 session	€ 45,00
Manicure with semi-permanent polish	⌚ 50 min.	👤 1 session	€ 55,00
Removal of semi-permanent polish	⌚ 25 min.	👤 1 session	€ 15,00
Aesthetic pedicure	⌚ 50 min.	👤 1 session	€ 45,00
Therapeutic pedicure with electric foot file	⌚ 50 min.	👤 1 session	€ 55,00
Full wax	⌚ 50 min.	👤 1 session	€ 65,00
Facial wax	⌚ 25 min.	👤 1 session	€ 15,00
Bikini line and armpit wax	⌚ 25 min.	👤 1 session	€ 20,00
Full bikini wax	⌚ 25 min.	👤 1 session	€ 30,00
Leg or arm wax	⌚ 50 min.	👤 1 session	€ 50,00

## Advanced aesthetics.

### Hexapolar radiofrequency

Thanks to the properties of high-frequency electromagnetic waves that produce heat as they pass through the skin, the body's fibroblasts are stimulated to produce collagen. This innovative technology can be used to achieve a non-surgical facelift by treating loose tissue using the reshaping action of collagen.

Facial radiofrequency	⌚ 25 min.	👤 1 session	€ 50,00
Radiofrequency with anti -age treatment	⌚ 50 min.	👤 1 session	€ 105,00
Body radiofrequency	⌚ 50 min.	👤 1 session	€ 80,00
	⌚ 50 min.	👤 5 sessions	€ 360,00
	⌚ 50 min.	👤 10 sessions	€ 700,00

### Cryolipolysis

Cryolipolysis is a non-invasive aesthetic medicine treatment, which allows for the reduction of localised fat through the use of cold temperatures.

The procedure is carried out using special equipment that acts on specific regions of the body by controlling the cooling process of fat cells to trigger the lipolysis.

Cryolipolysis	⌚ 50 min.	👤 1 session	€ 90,00
Cryolipolysis for instantly tone-up and sculpt your body	⌚ 50 min.	👤 5 sessions	€ 430,00
	⌚ 50 min.	👤 10 sessions	€ 800,00



## SPA etiquette.

Royal SPA is open daily from 9 a.m. to 11 p.m.\*

### INFORMATION AND BOOKINGS

We recommend you to book treatments in advance to secure your preferred time and date. Simply call +39 0498911711 or send an email to [spa@mioni.it](mailto:spa@mioni.it)

We recommend you to arrive 15 minutes before your treatment time to give you time to settle in and discover our facilities. Please call us if you are going to be late for your appointment. Where possible, we will try to ensure you are given the full treatment time, otherwise the treatment will be shortened.

### ACCESSIBILITY AND RESTRICTIONS

Royal SPA is a place devoted to well-being, where guests can soak up the atmosphere of peace and relaxation. For this reason, access to the SPA is restricted to guarantee complete privacy and tranquillity for all guests. Please speak quietly and be aware that electronic devices, food and drinks are not allowed. Smoking is prohibited within the entire ROYAL SPA premises. Entry is only permitted to persons over the age of 18.

### DRESS CODE

Wearing a swimming suit is mandatory. We recommend that you do not wear watches or jewellery during your stay at ROYAL SPA. We regret that we cannot be held responsible for any damage to or loss of valuable personal items. We recommend that you cleanse your face before entering the SPA to facilitate deep cleansing of the epidermis.

### CANCELLATIONS

To cancel or reschedule your appointment, please give us at least 24 hours' notice. Any cancellations made after this deadline will be charged for the full amount of the booked massage or treatment.

### WELCOME KIT

A towel, bathrobe and high-quality personal care products are available to all guests. Changing rooms are provided and equipped with spacious lockers, showers and hairdryers.

### CHILDREN

We do not provide treatments to children under the age of 12. Children between the ages of 12 and 16 must be supervised by an adult in the changing rooms for the allowed treatments only.



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★★★★

## MIONI ROYAL SAN

*Montegrotto Terme, Colli Euganei*

★★★

## COLFOSCO

*San Martino di Castrozza, Dolomiti*

★★★★

## VILLE BIANCHI

*Grado, Isola del Sole*

★★★★

## PORTA DEL SOLE

*Soiano, Lago di Garda*

★★★★

## MAGIA DEL BRENTA

*Fiesso d'Artico, Venezia, Riviera del Brenta*