

SAN MAURIZIO

1619

Beyond time

BODY TREATMENTS

WELLNESS

SINGLE TREATMENTS

“Beauty is a small-scale manifestation of the eternal”



THE SALT CAVE

**Thalassotherapy circuit, Kneipp path
and chromotherapy**

50 min.

Included in the B&B rates (hotel guests)

The Salt Cave can be booked exclusively

75 euro per person (hotel guests)

90 euro per person (external guests)



AWAKEN YOUR SENSES – COUPLE’S EXPERIENCES

Outdoor massage “View of the Monastery”

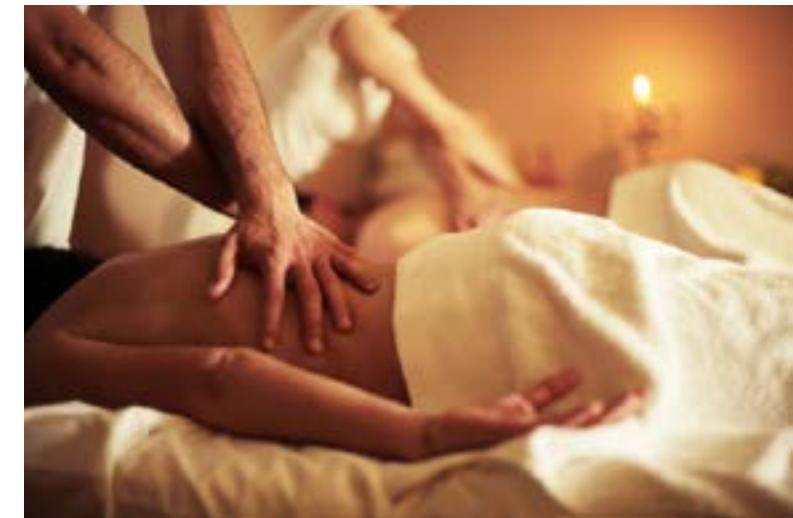
50 min. - 135 euro per person

An exclusive moment of deep physical and mental relaxation, not only through massage, but also through the sounds, scents and vistas of the surrounding hills.

“Romantic Langhe” massage

50 min. - 120 euro per person

A relaxing massage with hazelnut oil or grape seed oil reflecting the unique flavours of the Langhe region.



HARMONY & WELLBEING

Essences of the soul

Aromatherapy massage

50 min. - 120 euro

4 essential oils selected as a function of your emotional state: orange, lavender, rosemary, bergamot. Each essence has a special power of its own. According to the principles of aromatherapy and with a massage that uses essential oils having direct effects on a person's physical mental and spiritual processes, this treatment brings wellbeing, peace and balance.

The frequency of the universe

432hz Quantum Sound Massage

50 min. - 120 euro

432hz: this is believed to be the frequency of the universe, of love, of the soul and the human spirit, in that it can affect our breathing rate and heart rate, as well as induce profound relaxation and generate wellbeing through massage.

The body and infinity

Ayurveda massage

50 min. - 120 euro

Abhyanga: ancient Indian massage using warm oils; it works by relaxing muscular tissue, improving blood flow dynamics, and balancing your doshas. The expert hands of our operators will lead you to a state of awareness of your body and your sensations.



Massage of the Monks

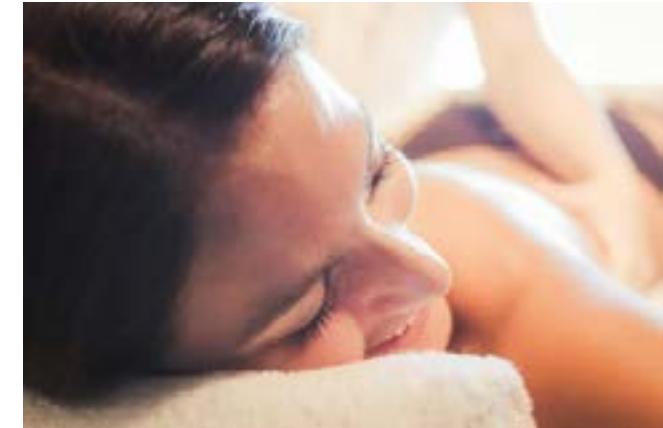
50 min. - 180 euro

2 operators working in unison creates a harmonised, coordinated flow, making the guest feel it is just one person giving him - or her - a body massage and providing balance, serenity, strength and new energy.

Hot Stone massage

50 min. - 120 euro

Fire and warmth give life to the ancient Hot Stone massage that uses lava stones to restore the balance between your chakras and have beneficial effects on negative energy.



Lomi Lomi massage of the soul

50 min. - 120 euro

The "massage of the soul" consists of rhythmical movements of the forearms that relax the muscles and ease the tension in the joints.

OUR CLASSIC MASSAGES

Relaxing massage

50 min. - 120 euro

Massage performed with slow deep strokes that provide stress relief and alleviate the tension of day-to-day concerns.

Sports-decontracting massage

50 min. - 120 euro

Specially indicated after intensive physical activity, this treatment alleviates tension through ad hoc manipulation and stretching techniques, so as to ensure prompt energy recovery, relieve muscle soreness and get rid of lactic acid.

Lymphatic drainage massage

50 min. - 120 euro

The ideal treatment for people suffering from micro-circulation disorders and heavy legs, specially designed to remove toxins and impurities, enhance the immune system and fight cellulite.



Head, neck and scalp relaxing massage

25 min. - 60 euro

Decontracting massage for shoulders, neck and scalp, to achieve full relaxation of muscles and mind.

Foot reflexology

45 min. - 85 euro

Specific stimulation of reflex zones in the foot to restore balance and harmony in body functions.

Connective tissue-reflex generating massage

Back and legs

50 min. - 120 euro

Back

25 min. - 60 euro

This massage works on connective tissue, providing oxygen and relieving tension. Its action is reflected in the matching body parts. It can be performed either as a preparatory step before a treatment, a massage, or as an individual treatment.

RECONCILED WITH NATURE

“Vinea mea” treatment

Antioxidant pack with grapes and red wine

50 min. - 130 euro

By combining grape extracts with red wine and soil we create a blend with antioxidant and detoxing properties. This pack promotes cellular exchange and has a pronounced smoothing effect. Draining, antioxidant and detoxing treatment.



Treatment of the Vine Goddess

Body treatment with fresh grapes

50 min. - 130 euro

From the Vine Goddess came the most ancient fruit, revered since the dawn of time: through a gentle massage, fresh grapes will enwrap and stimulate your skin, releasing the highly beneficial antioxidants of resveratrol. Treatment with smoothing and antioxidant properties.

Vinum atrum

50 min. - 120 euro

A moisturising, volumising face massage using fresh grapes is combined with the antioxidant and clarifying action of a red wine mask. Face treatment with moisturising and smoothing effects.

LANGHE BODY SCRUB

“Monastery scrub treatment”

Scrub using salt, honey, herbs grown in the Monastery

50 min. - 130 euro

The typical herbs grown in our Monastery combined with salt from the Dead Sea and sweet honey will take you on a pleasurable journey through aromas and flavours from yesteryear. Revitalising, detoxing and soothing treatment.

“Barolo on the skin”

Scrub with Barolo wine

50 min. - 130 euro

From the soil of the Langhe region, the green slopes of its hills and the sun that warms the land, a bouquet of typical Barolo wine aromas will enwrap your skin. Smoothing, antioxidant treatment.



“The scent of hazelnuts”

Scrub with hazelnut flavours

50 min. - 130 euro

With its soft, inviting scent, the hazelnut will guide you to the discovery of the uniqueness of this gentle and round, locally grown fruit, that will leave your skin glowing and moisturised. Treatment with nourishing and antioxidant effects.

TREATMENTS FOR THE FACE

The power of the fruit from our land in beauty

“The cuddles of the Monastery”

50 min. - 120 euro

Unique, personalised treatment. After a careful analysis of the skin, the treatment is performed using the most appropriate products from our biocosmetics line. Personalisation of the biocosmetic products of the Langhe region used as a function of skin type.

“Truffle cuddle”

Face treatment with truffle

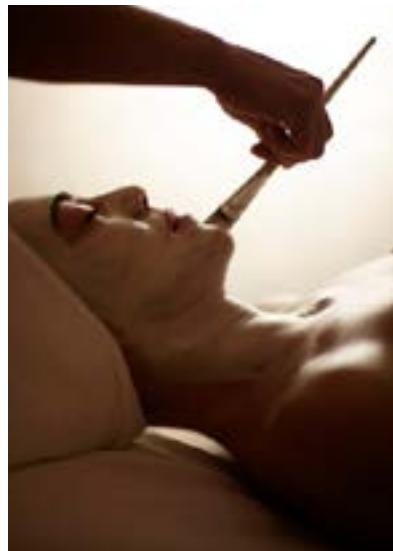
50 min. - 130 euro

The uniqueness of scents and aromas that restore our ties with the earth and an extremely high polyphenols content combine to exercise a powerful action on the structure and texture of the skin.

San Maurizio mini-lift treatment

30 min. - 55 euro

Alginate mask containing a wealth of active principles to smooth, cleanse, oxygenate and moisturise the different types of skin. Treatment designed to renew, brighten and restore volume to your face.



BODY TREATMENTS WITH MACHINES

For a targeted action on localised adiposity and cellulite, we recommend specific machine treatments whose action against fat deposits and water retention is decidedly more powerful.

Radio frequency

Modelling/firming stomach and hips

50 min. - 160 euro

Modelling/firming legs and buttocks

110 min. - 260 euro

By raising the temperature of the inner layers of the skin, this treatment reactivates the circulation, with direct effects on cellulite and localised adiposity problems.

Lifting hands treatment with radio frequency (customize program)

50 min. - 130 euro



Sonication

Treatment for buttocks and under buttocks areas

80 min. - 210 euro

Treatment for inner thighs and knees

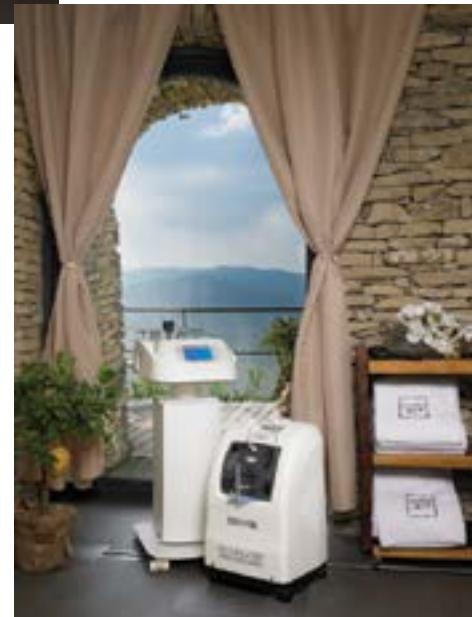
80 min. - 210 euro

Treatment for the abdomen

50 min. - 150 euro

Sonication has a powerful slimming action, improves tissue tonicity and attenuates the orange peel effect.

Sonication uses low-frequency ultrasound waves to generate sonic cavitation effects in adipose tissue. A focused ultrasound beam, modulated by the equipment, forms gas-filled micro bubbles that implode under the load of external pressure, releasing energy and resulting in the elimination of fat cells. A gel using natural active principles is applied to the cleansed skin of the body part being treated; this gel facilitates the sliding of the ergonomically designed handpiece (that emits the ultrasound beam). The specialist adjusts the intensity of the ultrasound waves and moves the handpiece on the body part.



FACE TREATMENTS WITH MACHINES

Face treatment with radio frequency

50 min. - 160 euro

Non-invasive method designed to effectively counteract the signs of aging, attenuating wrinkles, firming loose skin on the face, neck and cleavage.

Face treatment with oxygen

50 min. - 140 euro

Improves skin oxygenation and all types of skin appear smooth, moisturised, glowing.

Microdermabrasion face treatment

50 min. - 140 euro

Exfoliation procedure using micro crystals by means of a specially designed handpiece. The skin is revitalised and oxygenated. The aesthetic imperfections treated include: hyperpigmentation, wrinkles, acne scars.

Biorevitalising face treatment

50 min. - 180 euro

The biorevitalising process employs a low-voltage current to promote the opening of skin pores and facilitate the penetration of the active principles contained in the products used.

AESTHETIC RITUALS

Manicure express

30 min. - 40 euro

Manicure with nail varnish

50 min. - 50 euro

Manicure with semi-permanent nail varnish

50 min. - 60 euro

Pedicure

30 min. - 50 euro

Pedicure with nail varnish

50 min. - 70 euro

Pedicure with semi-permanent nail varnish

50 min. - 80 euro

“Let go of your burdens”

Relaxing body massage and pedicure

80 min. - 70 euro

BEAUTY

Tailored make up

from 40 euro€

Hair styling

80 euro€

HAIR REMOVAL

Leg full waxing

50 min. - 50 euro

Leg half waxing

30 min. - 35 euro

Bikini waxing

30 min. - 30 euro

Back waxing

30 min. - 35 euro



WELLNESS

PACKAGE

“Life is made of small moments of happiness”



PRECIOUS TIME

Take a moment for yourself, to regenerate and relax with spring water and the beneficial virtues of salt. Take time to focus on your wellbeing in the splendid Salt Grotto looking onto the vineyards of the Langhe region, relax and let the ancient know-how of the monks take you along a path of peace and beauty.

Length of the session: about 110 minutes

- Time in the Salt Grotto (50 min.)
- Facial (30 min.)
- Relaxing massage (30 min.)

150 euro per person



THE TREE OF LIFE

To give your back a moment of relaxation and relieve the tension caused by stress, intense physical activity or long hours sitting at a desk or driving a car: a well-thought-out sequence of warm mud, massage and wellness treatments.

Length of the session: about 105 minutes

- Application of thermo-active mud to the back (30 min.)
- Decontracting massage to the back (30 min.)
- Foot reflexology (45 min.)

210 euro per person



LUMINOUS AWAKENING

Luminosity and purity for a soft, glowing skin through a regenerating process.

A Turkish bath opens the pores gently in preparation for a delicate, natural scrub, and a detoxing wrap to get rid of toxins and impurities.

This is followed by a relaxing massage, accompanied by a medical cleansing infusion KP* made from herbs grown in the Monastery.

Length of the session: about 130 minutes

- Turkish bath (15 min.)
- Salt and honey scrub (30 min.)
- Body detoxing wrap (30 min.)
- Relaxing massage (30 min.)
- Medical cleansing infusion serve in the relaxation area

200 euro per person



* Kneipp path

THE PATHWAY OF HARMONY

Free radicals are the main culprits for the build-up of toxins in our body. Counter them effectively by relieving stress through well-thought-out, localised actions: you will attenuate the signs of aging and will regain a state of wellness and peace.

Length of the session: about 160 minutes

- Time in the Salt Grotto (50 min.)
- Personalised facial treatment (30 min.)
- Manicure (30 min.)
- Restructuring hand pack with olives grown in the Monastery, followed by a relaxing hand massage (10 min.)
- Pedicure (30 min.)
- Soothing foot pack with herbs grown in the Monastery followed by a restful foot massage (10 min.)
- 2 anti-oxidant medical infusions made from herbs grown in the Monastery

210 euro per person



TWO SEAS

Let yourself be transported to the waves of the ocean, where the Laminaria algae grows. Immerse yourself in the benefits of the sea, lifting the sense of fatigue from your legs. The powerful effects of this treatment will give you tangible results that you will be able to see and touch: the skin feels renewed and hydrated from within.

Length of the session: about 70 minutes

- Death sea salt scrub (20 min.)
- Spirulina and Laminaria algae mud (30 min.)
- Toning massage (20 min.)

160 euro per person



ALGAE ENCHANTMENT

Un meraviglioso percorso purificante e detossinante per farti sentire leggera e rigenerata. Un trattamento sensoriale e ricco di benefici perfetto per un risultato “urto”, riducente e drenante.

La Laminaria è un’alga bruna eccezionale per le sue proprietà riducenti e rinnovatrici della cute poiché è in grado di stimolare il metabolismo cellulare, la micro circolazione e favorire l’eliminazione delle tossine con effetti benefici immediati.

Length of the session: about 90 minutes

- Death sea salt scrub (20 min.)
- Laminaria and Spirulina Algae treatment and bandage with “Stem Drops” plant stem cells (40 min.)
- Draining massage (30 min.)

230 euro per person



THE SALT ROUTE

With its reinvigorating and healing properties, salt is a precious ally for our beauty. The Salt Route package exploits the beneficial effects of salt in combating water retention, the main culprit for cellulite and leg problems. A moment entirely dedicated to the health of our body, to eliminate that irksome sensation of heaviness and swelling that accompanies our hectic life.

Length of the session: about 170 minutes

- Time in the Salt Grotto (50 min.)
- Saline body scrub (30 min.)
- Draining and detoxing body wrap (40 min.)
- Saline leg wrap
- Connective tissue preparatory massage (10 min)
- Lymphatic drainage massage (40 min)
- 2 medical infusions with detoxing and draining effects

305 euro per person



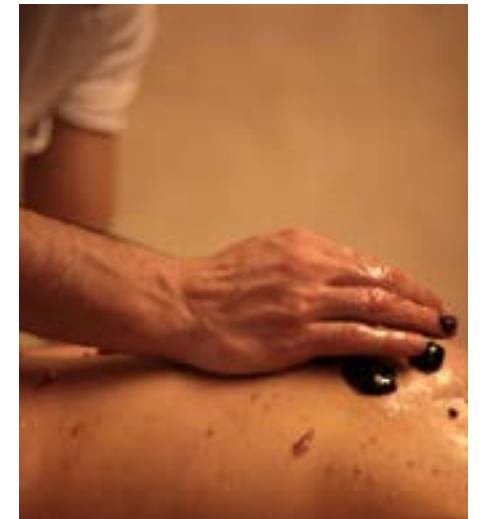
DIVINE - THE WHISPER OF THE VINE GODDESS

All the scents of the Langhe hills, the vineyards, the great wines of the region in a session that delights all your senses; in the Divine Hamman of the Monastery, an inimitable place, unparalleled the world over for history and beauty, the properties of grapes and grape seeds and the unmistakable flavours of Piedmont's renowned wines combine to give you an experience you will never forget.

Length of the session about: 160 minutes

- Bio-sauna in a finely restored wine barrel from the late nineteenth century (15 min.)
- Hydromassage in wine (25 min.)
- Treatment with fresh grapes (30 min.)
- Relaxing massage with grape seed oil (50 min.)

350 euro per person



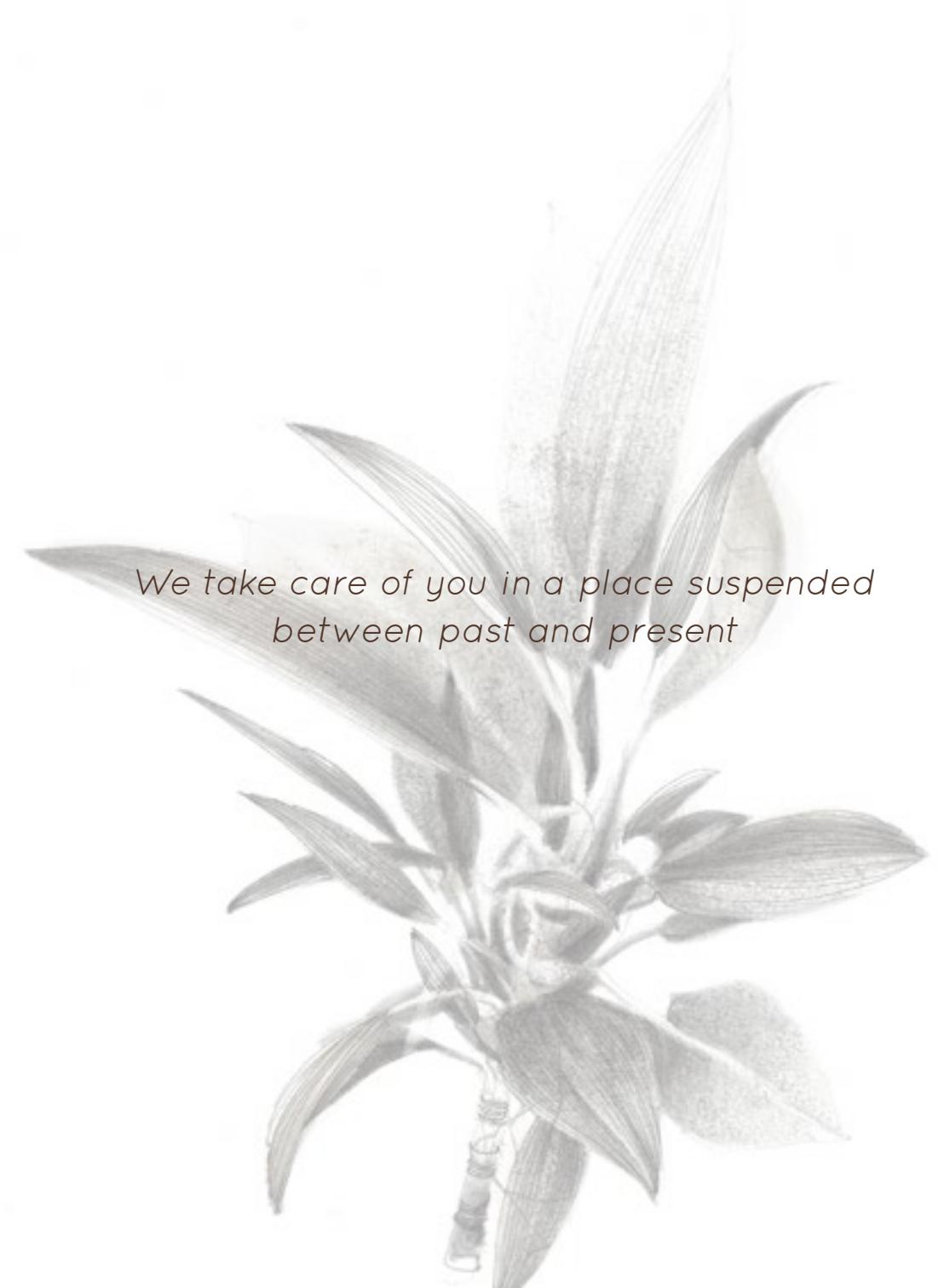
POETRY OF THE EARTH

All the scents of the Langhe hills, the vineyards, the great wines of the region in a session that delights all your senses; in the Divine Hamman of the Monastery, an inimitable place, unparalleled the world over for history and beauty, the properties of grapes and grape seeds and the unmistakable flavours of Piedmont's renowned wines combine to give you an experience you will never forget.

Length of the session: about 90 minutes

- Bio-sauna in a finely restored wine barrel from the late nineteenth century (20 min.)
- Hydromassage in wine (20 min.)
- Relaxing massage with grape seed oil (50 min.)

190 euro per person



*We take care of you in a place suspended
between past and present*

For information on the treatments:

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