

POLICY
of our
WELLNESS CENTRE

NO ADMITTANCE TO PERSONS
UNDER THE AGE OF 12

- No admittance to persons under the age of 12
- Beverage and food are not admitted
- Maximum permanence time is 75'
- We suggest to be on spot at least 10 minutes before treatment is supposed to start
- Being late at your appointment will limit the time at your disposal
- Quiet and silence are required inside the wellness area
- Please turn off the water after using showers
- Please keep the sauna and Turkish bath doors always closed
- Please leave slippers and used towels in the provided baskets: they are placed in the changing rooms
- For guests of the hotel: the bathrobe is supposed to be used during all your staying; please leave it in your room upon departure

NOTICE

Customers that require massages longer than the time allowed will be asked for an extra charge.

Please cancel your appointments at least 12 hours in advance to avoid the entire treatment price to be charged

N.B. Treatments and fees might be subjected to variations during the season.

**WELLNESS AREA:
AVAILABLE ON BOOKING,
75 MINUTES STAYING**

Information and reservation



Phone nr : 0039 0343 53160

E-mail address: info@hotel-lameridiana.com

Please carefully check our policies

WELLNESS CENTRE ADMITTANCE

**WE WARMLY RECOMMEND TO BOOK
IN ADVANCE AT THE HOTEL RECEPTION**

BATHING SUITES AVAILABLE
FOR BOTH WOMEN AND MEN

BATHING SUIT IS REQUIRED

NO ADMITTANCE TO PERSONS UNDER THE AGE OF 12

Hotel "La Meridiana" guests

Single admittance: € 19,00 per person

Three admittance package: € 42,00 per person
Slippers, bath towels and bathrobe included

External guests

Single admittance € 25,00 / € 30,00 per person

Slippers and bath towels included

Bathrobe: € 3,50 extra charge

MASSAGES

Classic relax 50 min € 80

A real help for your well being: designed to improve circulation, soothe your muscles and make you feel more relaxed.

Decontracting 50 min € 80

Useful for tension originated back and neck pain and/or for issues to legs or arms deriving from repetitive strain.

Cervical special 25 min € 45

Tensions and pains in the cervical area, so as deriving head or arm aches, can often be reduced: relaxing all involved muscles is one of the most natural ways to do so.

Sport massage 50 min € 80

For those who practice sports, massage can be helpful before or after the sport itself: it prepares to a better performance, speeds up post-workout cool-down and can help prevent muscle aches and cramps.

**Leg lymphatic drainage
and Fighting cellulite** 50 min € 80

A massage performed only on the legs to treat the venous and lymphatic system. It is recommended for individuals who retain fluid and experience swelling due to circulatory and/or lymphatic failure: try and feel the difference after the first treatment already!

Connective tissue massage 50 min € 80

It works on the connective tissue (epidermis, dermis, hypodermis) through its functions of protection, oxygenation, metabolic exchanges and regulation of the circulatory and hormonal system.

Excellent anti-stress, increases immune defenses and improves organic activities.

Joint massage 50 min € 80

Muscle tension reduces joint mobility. Frees the body from deep tensions. Frees joint movements, elasticized and tones. Increases energy potential.

Foot reflexology 50 min € 80

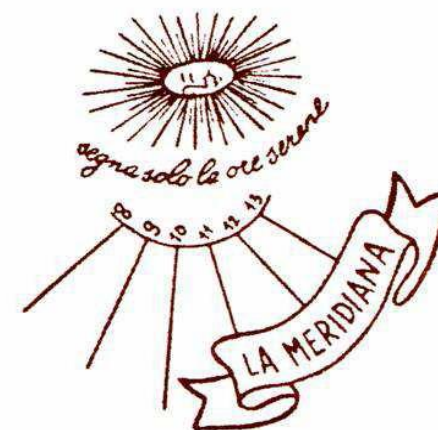
The benefits of massage are combined with the sending of nerve impulses in some reflex areas present on the soles and backs of the feet.

Foot reflexology tends to improve in 3 main areas: congestion, inflammation and tension.

Please note that the Wellness Massage can only be practiced on healthy individuals; in particular please note that for your health we do not practice massage in case of injury, fever, inflammation, pregnancy, recent surgery, heart disease, kidney failure, infectious or serious disease or damage, cancer; this proposal has no therapeutic purpose; allergy information is important for the choice of oils to be used during massage: thank you very much for your kind attention and collaboration.

HOTEL LA MERIDIANA

Via Carducci, 8
23024 Madesimo, ITALY



Since 1945

WELLNESS CENTRE: PATH and MASSAGES

320 sq metres for your wellness and relax
Balanced temperature and water recycling
Jacuzzi and oxygen treatment
Kneipp path with heated bench
Emotional snails with hydrojets, aroma and cromotherapy,
Turkish bath with optical fibres
Finnish sauna with cromotherapy
Relax area

Professional facial tanner lamp