

**BluWellness:**  
**In love for oneself lies the secret of true beauty...**

Have you chosen your spa treatments?

You are going to grant the precious little rituals that you've chosen.

Close your eyes and listen to your senses.

They will guide you, together with our hands, in the pleasure of these treatments: exclusive moments to live now reaching a deep harmony which will be your luxury during and beyond this stay!

SPA AND GYM SINGLE ENTRY	€ 25,00
6 ENTRY-CARD	€ 140,00
14 ENTRY-CARD	€ 300,00

SPA PRIVA' EXCLUSIVE USE FOR COUPLE OR FRIENDS ON REQUEST

TIMETABLE: 10 AM – 09 PM

To book treatments, please contact us at 0039 0541 332454



**blü**  
suite hotel

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Your Blu Well-being:  
to be beauty mens to feel good, deeply.

**bluspa**  
wellness core

## WELLNESS PATH

### Welcome in your Wellbeing dimension!

Listen to your body.  
Make your feelings emerge.  
Dwell on what they say.  
Then, let yourself be guided by our specialized staff and together we choose the treatments that will make your experience memorable and unique!

### BOOK A TREATMENT ...

**You get a free entry to the Blu Spa: wellness and fitness centre!**

### BluSpa, the place where everything is relaxation and harmony.

350 square meters dedicated to your beauty, to the pleasure of an authentic harmony, deep and global.

Choose your favorite rituals:

Turkish bath, light and scent-based shower therapy and cervical jet, sauna, ice fountain. Soak yourself into the **big hydro pool with salty water and jets**, geyser, cervical blade, hydro lounges. Try the Kneipp path, the water beds, the heated black marble. Keep yourself fit every time you wish to, entering our gym well equipped with the best Technogym machinery. Stop in the relaxation area and sip green teas, fresh fruit and sweet cakes... At the Blu Spa all it is thought to give you the deepest wellbeing.

In the Blu Spa everything is thought to present you the deepest wellbeing.



## AYURVEDA PHILOSOPHY

### AMRYTANAMNA AYURVEDA... Ayurveda is for long life

Ayurveda is a system of medicine and of therapy born in India over five thousand years ago. The term "Ayurveda" has its origin in the Sanskrit words Ayus, meaning "life" and Veda, which means "knowledge" or "science". Therefore "Ayurveda" means as "science of life".

The aim of Ayurveda is to explain us how to know, to change, to extend, and ultimately how to control our lives without the interference of illness or old age. The basic principle of this philosophy is the decisive influence of mind on our body and freedom of sickness depends on our self balanced awareness.

According to Ayurveda each person receives from nature its special program, called prakriti (constitution), a Sanskrit word meaning "nature", "body type". Find out what body type we belong to is the first step to improving the health, because your constitution tells us how nature intended us to live. Ayurvedic body type outlines the innate tendencies that characterize our system. To locate the root of body types, Ayurveda takes into consideration the meeting point between mind and body, where thought becomes material, and where there are the operating principles called doshas.

The three doshas are called Vata, Pitta and Kapha. While managing thousands of separate functions of the system body-mind, the three doshas have three basic tasks:

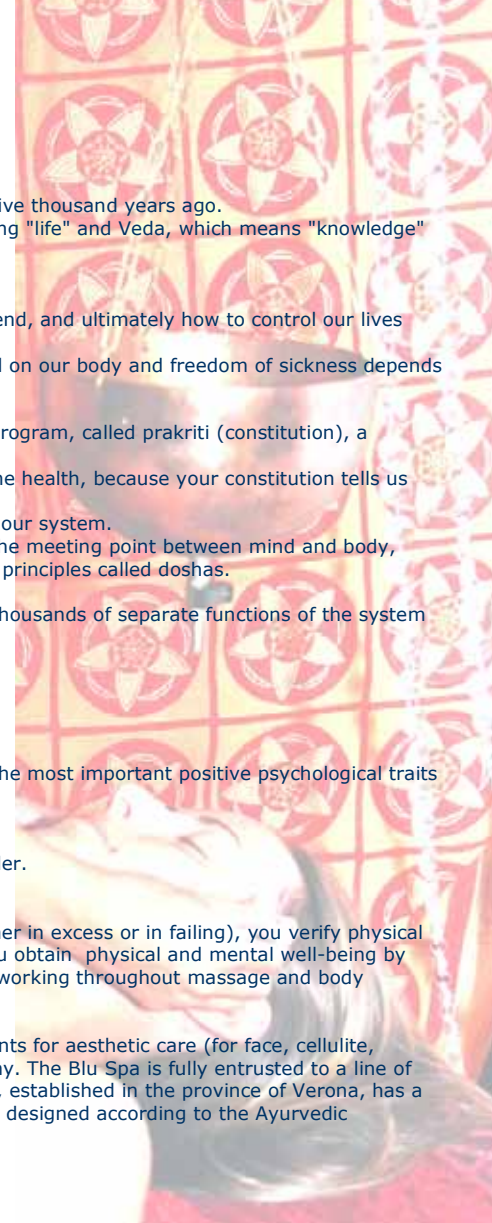
- The Vata dosha controls the movement
- The Pitta dosha controls the metabolism
- The Kapha dosha controls the structure

In every person the three doshas must be balanced and fully lived. The most important positive psychological traits of each dosha are:

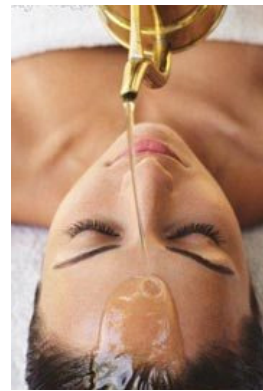
Vata: imagination, sensitivity, spontaneity, flexibility of mind, joy.  
Pitta: intellectual vitality, confidence, resourcefulness, joy, great leader.  
Kapha: calm, understanding, courage, ability to love and forgive.

According to Ayurvedic philosophy, when happens an imbalance (either in excess or in failing), you verify physical and mental problems of any kind. Then balancing the right Doshha you obtain physical and mental well-being by working on nutrition, on the rhythms of life and thought, but mainly working throughout massage and body treatments.

We offer you traditional Ayurvedic treatments and also good treatments for aesthetic care (for face, cellulite, circulation and heavy legs) respecting the Indian Ayurvedic philosophy. The Blu Spa is fully entrusted to a line of ayurvedic products well known all over the world: Lakshmi Company, established in the province of Verona, has a line of bio-products certified by ICEA and AIAB, which are specifically designed according to the Ayurvedic philosophy, so according to the constitution of your Doshha.



## AYURVEDA TREATMENTS



### Massage Abhyangan: suggested for type V.P.K.

A massage customized to your Dosha (Vata, Pitta, Kapha) with hot oil body massage and nice handling for a magic moment of total relaxation and energy balance.

60m € 70.00  
90m € 90.00

### Massage FasioVeda: suggested for type V.P.

A focused massage, a precious moment dedicated to those musculature and joints that need attention after a period of tension, such as cervical pain, back pain, contractures.

60m € 70.00

### Shyrodara: touching the wings of the mind. Indicated by type V.P.K.

A massage with hot oil to prepare the body to receive this treatment targeted pituitary gland, the center of the forehead, with a "flow" of warm oil enriched with E.O. which interacting on the central nervous system. Suggested for disorders like Stress, Migraine, Anxiety, loss of concentration. Excellent synergy to restore balance between body and mind.

60m € 85.00

### Ratna Abhyangan: suggested for type V.P.K.

It is a treatment targeted on energy balance. It uses the stimulation of the Marma and Chakra points with light finger pressure, E.O. upon them, then finishes with the application of stones and crystals. Magic moment for inner peace and cell regeneration.

50m € 70.00

### Pindasweda: suggested for type V.P.K.

Bundles of mixed heated herbs and massage upon the whole body to work on suffering and contracted muscles and joints. It gives well-being to those movements usually fatigued by daily tensions.

50m € 65.00

### Pichu Sweda: suggested for type V.P.K.

Sesame oil pak applied topically to the forehead, with a synergy of customized E.O. An excellent Ayurveda treatment for migraine, head heaviness, mental fatigue and too much use of thought. Excellent in Chakraterapy. We recommend it after Abhyangan Massage, Fasioveda, Salt Blue Lavander Massage.

15m € 15.00

### Khadivasti: back body. Suggested for type V.P.K.

Useful for the treatment of painful areas like the spine, the chest, the lumbar and the sacral parts. Ideal for problems like insomnia, nervousness, depression, and excellent in Chakraterapy. We recommend it after the Ayurveda and Fasioveda Massages.

15/20m € 20.00

### Uruvasti: Front body. Suggested for type VPK

Useful for areas like heart, abdomen, and especially where you find difficulties in hypertension, arrhythmia, anxiety, colitis, abdominal ulcers, gastritis, slow digestion, constipation, or better known as constipation or colitis. We recommend it after Udara and Abhyangan Massages.

15/20m € 20.00

### Udvertana: suggested for type K.P.

Body massage with herbs such as Curcuma Ginger powders, Mallow and others, to facilitate the elimination of toxins and excellent for the lymphatic system and the circulation system.

60m € 75.00

### Swedana: suggested for type V.P.K.

Steam bath directly on the massage bed (only on the body), with very effective detoxifying cleansing and ideal for removing excess fluids. We recommend it after Abhyangan, Fasioveda, Salt Blue Lavander, Garshan, Gamathi, Udara Massages.

15/20m € 20.00

## AYURVEDA TREATMENTS - VISAGE AND BODY

### Garshan: suitable for type V.P.K.

Massage with hot osmotic mud and synergy of precious oils. A water-shock treatment thought to improve the lymphatic system, the elimination of excess fluids, heaviness of the legs and cellulite. Particularly suitable for detoxification and cleansing of the body.

60m	€	70.00
90m con Bagno di Vapore	€	90.00

### Gamathi: suitable for type V.P.

Massage with mint oil (it has refreshing properties and is an excellent tonic for veins system) and with application of osmotic mud. It's a "top" treatment for swollen or wistful legs, fluid retention, and especially for those who suffers from venous insufficiency.

50m	€	65.00
70m con Bagno di Vapore	€	85.00

### Udara: suitable for type V.P.K.

An abdominal tonic massage to reactivate the circulation. Excellent for stimulating physiologic bowel activity. A combination of manual pressures and vibration to refine a lying belly, compact, with the result of a total relaxation and lightness feeling. Finally posing with warm mud enriched with E.O. targeted for abdominal disturbs.

40m	€	75.00
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### Pada: suitable for type V.P.K.

A fantastic foot massage that are often overlooked but whose care and stimulation is of significant importance. Excellent for rebalancing the state has problems with dry skin, excessive sweating, inflammation and swelling, with selected herbs to effectively compress the various difficulties that truly relaxing and soothing treatment on the foot with stimulation of the Marma points. A true "cure" to regain lightness throughout the body.

40m	€	55.00
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### Natural Sense: suitable for V.P.

Connective massage indicated for the tissue tone, with the application of poultices with rich strengthen properties to contrast the loss of tone by helping to keep the skin elastic.

60m	€	70.00
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### Ayurveda Treatment of facial cleansing: suitable for type V.P.K.

A truly unique treatment that marries the cosmetology and natural certified product line effective and exciting, both for their perfume, thanks to E.O. which acts as Aromatherapy, and for the incredible power of gems and precious stones which enrich the power of this line face.

The whole will be enhanced by a 20-minute massage with personalized oil concerning to the skin face type, on visage, shoulders and head to stretch out of all the muscles, giving a magic time for your well-being and for the brightness of skin that do not have equal.

50m	€	70.00
70m con trattamento occhi Netra + massaggio con Cristalli	€	90.00

### Divine: Anti-AGE Skincare

Another face line formed of the energy emerged from crystals and precious marine and active plant which are strong antioxidants. Massage with lifting effect on visage, neck and head. Additional treatment of crystal therapy on the main Marma points to regain serenity and strength efficiency. Finally, liposomes and mask to give a revitalizing effect...

60m	€	80.00
90m con trattamento occhi netra + massaggio con i Cristalli	€	120.00

### Scrub KAYA: suitable for type V.P.K.

Effective exfoliating skin treatment with Papaya (antioxidant rich in vitamins) and Aloe Vera (refreshing and calming).

The active principles of O.E. as Lemon, Lavender, Palmarosa enclosed in this scrub are a great balancing process leaving a silk skin.

45m	€	50.00
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### Scrub Shyran: oil ARGAN

An excellent exfoliating Argan oil scrub enriched by his numerous anti-oxidant properties, moisturizing, soothing.

A truly oxygenating skin regeneration for a velvety and silky skin.

45m	€	55.00
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## SPECIAL MESSAGES AND RITUALS

### Hot Stone Massage

A massage with hot oil all over his body and then work with the black lava stones heated by steam with its rich properties to relax muscles and joints, and live the sensation of total Relax. For some requirements we also work with the cold marble stones, to stimulate the circulatory system and also to tone up tissue. An excellent vascular treatment for your entire body.

60m € 60.00

### 4 Hands Massage – Ayurveda

A real massage from the Ancient Philosophy Ayurveda. Hot oil body massage, a unique synergy of 4 hands .... the real total well-being.

45m € 120.00

### Shiatsu

"In a conversation without words, free energy flows ..." with a Japanese technique of thumbs and palms pressure, we clean up, grow up and harmonize the flow of energy in your body, activating the body's self healing power and regive order to maintain the psycho-physical wellbeing.

Ideal whatever is the age, the health or the disturbs.

60m € 60.00

### Soul Massage with Tibetan Singing Bowls

Reiki on energy key points, aromatherapy and massage with a synergy of E.O. on the chakras and cell stimulation with the vibration sound of Tibetan singing bowls. A "magic" only for body and soul... One way to find and feel what you are... balancing body mind and spirit.

50m € 70.00

### Kundalini Massage

The manifestation of the kundalini energy - frequency of vibration - the integrated force of your body, physiological, mental, emotional. Kundalini literally means "twisted" like a snake. Energy and Consciousness, move with spiral motion: wrap and tighten the snake. The Massage helps the activation of this extraordinary energy, giving stamina, desire and vitality.

45 m € 65.00

### Dosha Beat: foot and spine Massage – Ayurveda

Stimulation of foot Marma points V.P.K. with a wooden instruments specially created to generate vibration signal on the whole body climbing up the column. The treatment ends with an oil massage on the feet to release the energies and vibrations throughout the Dosha Beat.

30m € 55.00

### Massage Corevedico

It is a holistic treatment that influences the vascular, the nervous and the lymphatic systems. The therapist works on the body of the client with vegetable oils and natural essential oils, performing manual techniques that improve the chemistry of the blood, draining the extracellular fluid, increasing the joint mobility, nourishing the body skin in general. Recommended for overweight people, who suffer from water retention and swelling, but also for the athletes (lactic acid and microtrauma to muscle myofibrils) and those who have an intense physical and mental work.

50m € 70.00



### Massage Thay Korean

It is a real session of stretching and of deep breathing.

The articular tensions will be loosen turning joints, limbs and neck, encouraging a general recover of elasticity. Do not forget that "the secret of longevity is kept in the flexibility of the back ..."

50m € 70.00

### Argan oil massage

Total relax with a deep massage with Argan oil rich in antioxidants, super moisturizing and muscle tonic. Argani oil is defined Gold of Morocco thanks to the peculiarity of its nature.

50m € 85.00

### Aroma-draining Massage on lymphatic system

A real work on the lymphatic system, stimulating the detoxification and the stagnation of excess fluids, with the synergy of EO as Juniper, Fennel and Orange.

50m € 70.00

### Neck and Column Massage

Specific treatment for the problems of cervical and back pain. Massage with hot oil and synergy of O.E. appropriate for the muscle or joint problems.

30m € 50.00

### Baby Massage: from 0 to 4 years

Baby massage to pamper your senses with the art of "touch". We teach you, Mum, how to massage your baby. A moment of extraordinary excitement and magic, unique sensations for both.

30m € 60.00

### Baby Massage: 5 to 16 years

We dedicate wellbeing also to children and teenagers by donating even physical well-being and energy balance.

30m € 50.00

### Deep tissue massage

Technique born in the 70s United States. It has the objective issue of tensions, the connective tissue (surface and depth) holds. Those undergoing the sessions DTW experiences the fundamental link that exists between body-mind and emotions. The therapist research and always acts where there are points of maximum tension and stiffness (neck, base of the skull, trapezius muscle, iliac, lumbar and sacrum, quadriceps, etc. ..)

50m € 70.00

## THE POWER OF CERVIA SALT

### Body Treatments



By the innumerable properties of salt enriched with clay minerals, salt Cervia offers a range of products targeted to lymphatic problems, cellulite, circulatory system, venous and for articulations that need special attention. A unique line contained in our Region Emilia Romagna and Earth, thus reflecting in every respect the need for our physiological wellbeing, allowing us to react to these natural elements in a the best way.

#### **Cervia Salt and Mint Scrub**

Sea salt bath scrub rich in jojoba oil, wheat germ and eonothera with osmotic and smoothing propoerties to make your skin soft and velvety.

40m € 55.00

#### **Cervia salty clay mud**

Harmonious and relaxing massage with customized clay mud pak according to your needs: Lymphatic System- Cellulite - Venous System - joints / muscles.

50m € 60.00

#### **Cervia Salt Massage**

Decontracting massage, stretching muscles and joints to restore the elasticity of movement. Compress salt of Cervia hot pak on the affected areas.

60m € 70.00



### **BLU PATHS... Ideas to present yourself or someone else!**

#### **DEEP RELAX – Euro 195,00**

- \* Body Scrub
- \* Massagge Abhyangan (or Aroma-draining Massage)
- \* Ayurveda Treatment of facial cleansing
- \* Wellness path and gym entry before or after each massage

#### **MOROCCO GOLD – Euro 140,00**

- \* Scrub Shyran: ARGAN oil
- \* Argan oil massage
- \* Wellness path and gym entry before or after each massage

#### **REMISE EN FORME (anticellulite) – Euro 350,00**

- \* Body Scrub, Garshan andSwedana – 90’
- \* Garshan – 60’
- \* Garshan Slim – 60’
- \* Garshan Slim – 60’
- \* Wellness path and gym entry before or after each massage

#### **DECONTRATTURANTE (to cancel stress and muscles pain) – Euro 140,00**

- \* Fisioveda + Cervia salt compress
- \* Shiatsu
- \* Wellness path and gym entry before or after each massage