

sfm

San Francesco
al monte
Art Hotel

**An oasis of
wellness
built in the
ancient natural
tufa caves.
Created and
directed by the
spa manager
Stefano Serra,
creator of the
dream massage
and the director
Rosa Frezza.**

Antica Essenza

Wellness area



info & booking:
info@sanfrancescoalmonte.it

Individual Massage & Treatments

DREAM MASSAGE (60 min.) 120,00 euro

Our main treatment, the Dream Massage is a sensory experience designed and patented by our Spa manager that combines and optimizes the benefits of the 7 best treatment techniques (Shatsu, Ayurveda, Lymphatic drainage, Physiotherapy, Deep surf, Reiki and Swedish).

PHYSIOTHERAPIC (40 min.) 60,00 euro

Physiotherapeutic treatment that relieves muscle disorder and eliminates the stress.

DECONTRACTING CERVICAL&BACK (40 min.) 70,00 euro

Relaxing and decontracting massage that melts muscle tension and relieves the pain of the cervical and back area .

LYMPHATIC DRAINAGE (50 min.) 90,00 euro

Legs medical treatments by undisputed draining capacities, restores the elasticity of tissues and improves the microcirculation.

RITUAL BODY & FACE "BACCANALI" (50 min.) 90,00 euro

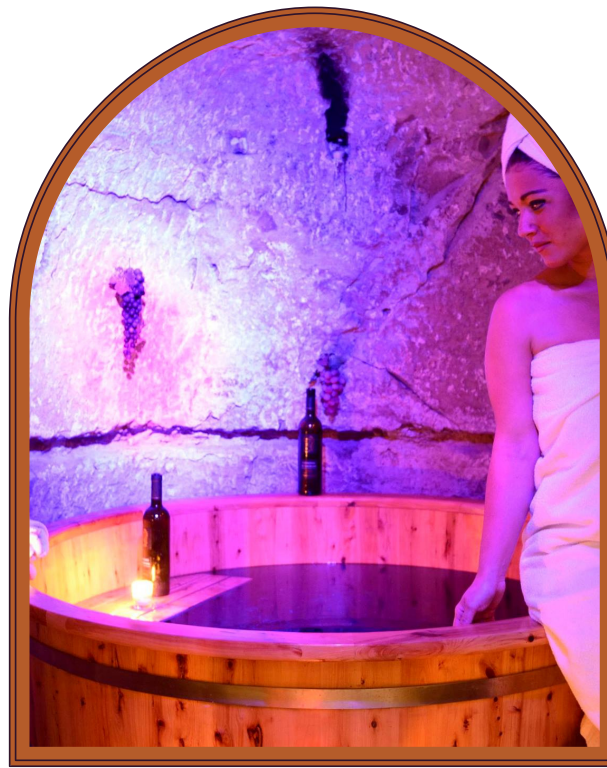
Exfoliating treatments of the total body + hydration and antioxidant face mask with natural ingredients: white yogurt, honey and red wine.

ANCIENT RITUAL (60 min.) 70,00 euro

Entrance to the Biosauna: the fusion of dry hot of Finnish sauna and wet hot of Turkist bath relaxes the body and eliminates toxins. - Regenerating argan oil scrub -
- Decontracting and relaxing back massage -
- Infusion point.-

CANDLE MASSAGE (50 min.) 80,00 euro

Sensory massage made with candles from which fragrant and vegetable oils gently drip on the body. Helps relieve stress and relieve contractures.



Massage & Treatments for two

ANTICO AMORE

(70 min.) 150,00 euro for two people:

Biosauna: the fusion of dry hot of Finnish sauna and wet hot of Turkist bath relaxes the body and eliminates toxins
- Couple massage - Infusion point.-

ANTICO SAPORE DI..VINO

(90 min.) 220,00 euro for two people:

Bath in the barrel of red wine -
- couples massage -

DREAM WINE THERAPY

(120 min.) 450,00 euro for two people:

Bath in the barrel of red wine
- two dream massage -
- cromoterapic emotional shower -

FAMILY SPA

(90 min.) 250,00 euro parents + 1 child:

Bath in barrel of milk- cromoterapic emotional shower -
- Family massages -
Lesson on relaxation techniques for your baby.

SENSORY SCRUB

(50 min.) 130,00 euro for two people:

Sensory scrub with milk, cream and rose petals followed by relaxing massage maneuvers to eliminate toxins e regenerates mind and body.

LADIES MOMENT

(60 min.) 130,00 euro for two people:

Cervical massage - foot massage -
aesthetic manicure
(supplement 20 per person per gel polish application)

CANDLE MASSAGE (50 min.) 150,00 euro

Sensory massage made with candles from which fragrant and vegetable oils gently drip on the body. Helps relieve stress and relieve contractures.

Beauty treatments

SPA MANICURE 30,00 euro

Aesthetic manicure, exfoliating hand treatment, hand massage with moisturizing cream, nail polish application.

SPA PEDICURE 40,00 euro

Aesthetic pedicure, foot exfoliation treatment, feet massage with moisturizing cream, nail polish application.

GEL POLISH (HAND OR FEET) 50,00 euro

COLD EPILATION WITH LIPOSOLUBLE WAX

Partial epilation of small areas (eyebrows, upper lips and chin, armpits) euro 15.00

Partial epilation of large areas (arms, legs and bikini area)
€ 35.00

Complete hair removal euro 60.00

FACE CLEANSING AND PURIFICATION 80,00 euro

Cleansing, toning, exfoliating stratum corneum, citrus gel application, impurities and blackheads, aqueous pack, mask and moisturizing serum, regenerating face massage.



SPA Etiquette

OPENING HOURS:

Antica Essenza is open every day from 11am to 7pm upon reservation at least 24h before

BOOKING AND CANCELLATION:

The entrance to the wellness area is always for the exclusive use of those who book.

In order to guarantee the availability of the desired treatments, please book at least 24 h in advance by sending an email to info@sanfrancescoalmonte.it or by calling the Reception.

If there is a need to cancel the booking of a treatment, please notify us within the previous 48 hours, otherwise, the treatments will be charged.

ARRIVAL TIME:

In case of delay, we will do our best to guarantee the entire duration of the booked treatment.

However, if this is not possible, the cost of the experience will be charged entirely.

CONDUCT & HEALTH:

Antica Essenza is the temple of wellness and tranquility. Please respect everyone's right to privacy and peace of mind. It is requested to keep a low tone of voice, not to smoke, to silence the mobile phone. Please report any health problems, recent surgeries, after-effects of trauma.

SPA THERAPISTS:

Male and female therapists are part of the Antica Essenza team.

We ask you to report any preferences in advance, the staff will make every effort to satisfy requests.