

ThERASIA RESORT: WHERE DREAMS COME TRUE

The moment you walk into the Therasia Resort you get that warm feeling of family hospitality, starting with the smile. This atmosphere pervades every corner of the resort, from the front desk to the rooms, and from the restaurants to the spa.

Add to that the warmth of the sun, the flavours of Sicilian cuisine, breathtaking sunsets, the island's wilderness, and you can't help but relax, brimming with powerful positive energy and a profound feeling of wellness...

SPA

Open from 9:00 am to 8:30 pm

Treatments from 10:00 am to 8:30 pm

TREATMENTS

❖ Facial treatments

Cleansing 60'	€ 70.00
Personalised treatment 45'	€ 80.00
Massage + Mask 45'	€ 70.00
Lymphatic drainage 45'	€ 65.00
Vulca Zeolite mask 45'	€ 75.00

❖ Body Treatments

Splendid salt scrub 45'	€70.00
Vulca Ritual 105'	€ 150.00
○ Draining	
○ Firming	
○ Circulatory	
○ Detox	
Decontracting volcanic mud wrap 95'	€ 90.00
Hydrating treatment 50'	€ 110.00

Herbal balneotherapy 45'	€ 80.00
Hydromassage 45' *	€ 80.00
- Energizing with salts	
- Relaxing with essential oils	
* Personalised massage supplement 25'	€ 110.00

❖ Massages

Relaxing Sicilian citrus 45'	€ 75.00
Decontracting 45'	€ 90.00
Beauty (draining or firming) 45'*	€ 80.00
Deep tissue 30'	€ 120.00
Hot Stone 75'	€ 120.00
Reflexology 45'	€ 120.00
Vodder Lymphatic drainage 75'	€ 120.00
Thai 45'	€ 120.00
Sweet mommy moment 45'	€ 80.00
Head 20'	€ 35.00
Foot 20'	€ 35.00

* Recommended combined with a body treatment

❖ EXTRA BEAUTY TREATMENTS

Mini Manicure (nail filing and polish)	€ 20.00
Manicure	€ 40.00
Pedicure	€ 50.00
Polish application	€ 10.00
Shellac application	€ 35.00

Shellac removal € 20.00

Waxing:

- small areas (brows, upper lip, bikini) € 15.00
- armpits € 18.00
- arms € 22.00
- chest € 30.00
- back € 30.00
- half leg € 30.00
- full leg € 45.00
- Brazilian € 22.00
- Hollywood € 25.00

❖ **FITNESS**

Sunrise muscular moment 45'

Total Body 45'

Pilates 45'

Yoga 45'

Private session € 40.00

Group session € 10.00/person

SEA & SPA PROGRAMMES:

“A day with Vulcano”

- ❖ **Apollo (muscular)** € 190.00
Splendid Salt Scrub + decontracting volcanic mud wrap + muscle relaxing massage
- ❖ **Ninfa (relax)** € 180.00
Splendid Salt Scrub + herbal balneotherapy + relaxing citrus massage
- ❖ **Venere (beauty)** € 200.00
Splendid Salt Scrub + facial cleaning + hot stone massage

Spa sessions include use of the pool, sauna, steam bath, multi-sensory shower, fitness room, herbal infusions

“Love & Psyche” (for two)

- ❖ Love: € 110.00
facial + relaxing citrus massage
- ❖ Psyche: € 120.00
massage + facial mask + relaxing citrus massage

Spa sessions include use of the pool, sauna, steam bath, multi-sensory shower, fitness room, herbal infusions

“A Thousand and One Nights” € 250.00

- ❖ Splendid Salt Scrub
- ❖ Hydromassage (with essential oils)
- ❖ 5' feather massage (mink glove) followed by a 45' Therasia** massage
- ❖ Facial

Spa sessions include use of the pool, sauna, steam bath, multi-sensory shower, fitness room, herbal infusions

***the masseuse will adapt the massage to your needs*

“Mirror mirror on the wall” € 300.00

- ❖ Splendid Salt Scrub
- ❖ Facial cleansing
- ❖ Body moisturising treatment
- ❖ Hot stone massage
- ❖ Mini manicure

Spa sessions include use of the pool, sauna, steam bath, multi-sensory shower, fitness room, herbal infusions

“Fiery Sunset” € 500.00

- ❖ Splendid Salt Scrub
- ❖ Facial cleansing
- ❖ Massage + face mask
- ❖ 1 moisturising treatment
- ❖ 1 relaxing citrus massage
- ❖ 1 reflexology treatment
- ❖ 1 Hot stone massage

Spa sessions include use of the pool, sauna, steam bath, multi-sensory shower, fitness room, herbal infusions

“Sea Breeze” € 330.00

- ❖ Splendid Salt Scrub
- ❖ Massage + face mask
- ❖ Herbal balneotherapy
- ❖ Decontracting massage
- ❖ Reflexology treatment

Spa sessions include use of the pool, sauna, steam bath, multi-sensory shower, fitness room, herbal infusions

“Tropical Dawn” € 450.00

- ❖ Facial cleaning
- ❖ 2 relaxing citrus massages 25’
- ❖ Facial
- ❖ 1 decontracting massage
- ❖ 1 Thai massage
- ❖ Private Yoga or Pilates session

Spa sessions include use of the pool, sauna, steam bath, multi-sensory shower, fitness room, herbal infusions

“You’re Beautiful” € 500.00

- ❖ Full body Splendid Salt Scrub
- ❖ Facial
- ❖ Hot stone massage
- ❖ Thai massage
- ❖ 2 decontracting massages
- ❖ Muscle relaxing volcanic mud wrap

Spa sessions include use of the pool, sauna, steam bath, multi-sensory shower, fitness room, herbal infusions

“MY ISLANDS” Programme

Guests who book an excursion to the Aeolian Islands with us will get a further 5% discount.

TREATMENT DESCRIPTION

FACE

Facial cleansing

A basic health and beauty treatment for facial skin to enhance its beauty and glow.

Personalised facials

Targeted treatment that includes a preliminary preparation of the skin followed by the application of specific products, a facial massage and personalised face mask.

Massage + face mask

The treatment includes a pleasant relaxing facial massage followed by a face mask based on the needs of your skin.

Lymph drainage treatment

A light drumming on the skin to drain tissue of excess water and regenerate the skin.

Vulca Zeolite Mask

A mask containing zeolite, a volcanic rock mineral. The treatment is personalised to meet the needs of your skin.

BODY

Splendid Salt Scrub

The first phase of any effective body beauty treatment. Ideal for removing old and dead skin cells, especially on the knees, elbows and heels. The skin becomes much softer, elastic and luminous.

Vulca Ritual

Bio-active volcanic minerals and spring water are the main ingredients for this ritual. The treatment can be applied to the area that needs it the most.

Decontracting volcanic mud wrap

This treatment involves a variety of steps:

peeling with a mineral suspension followed by a mineral solution, both of which are highly anti-oxidant.

application of a powerful mud to loosen contracted muscles

cleansing shower, followed by the application of a specialised gel.

Herbal Balneotherapy

A warm bath infused with herbs chosen based on your needs. It has a detoxifying effect, rejuvenates the skin, relaxes and energises.

Hydromassage

Micro-massage in individual tubs. Stimulates peripheral circulation and has a firming and draining effect.

Relaxing Citrus Massage

A cleansing, circulatory massage using orange or lemon-based oils, a relaxing massage that gives your whole body a deep sense of wellbeing.

Decontracting - muscle relaxation

A localised massage that focuses on those areas of your body most prone to tension knots. We suggest you also make use of the spa to enhance the beneficial effects of the massage.

Beauty Massage

A series of specific draining and firming massage techniques that make your skin firm and compact.

Deep Tissue

A specific technique aimed at loosening connective joint tissue. This massage works deep within, with beneficial effects on tissues and organs. Very effective against persistent cellulite. The technique stimulates inflamed tissue and helps drainage.

Hot Stone

Application of warmed volcanic stones on specific mind-body connection points to improve the inner balance of the entire body.

Reflexology

Deep stimulation to key points of the soles of your foot that correspond to specific areas of the body. This treatment alleviates tension and stress, it balances and realigns your entire body.

Lymphatic drainage

Light drumming massage technique to stimulate circulation and eliminate excess water retention.

Thai Massage

A massage that combines pressure and energetic stretching to open the body and eliminate stiffness.

Sweet mommy moment

A wonderful moment of pampering, skin nourishment and relaxation for expecting mothers.

Head

A relaxing massage to stimulate circulation in your scalp.

Foot

A deep massage of the soles of your feet to induce complete relaxation.

FITNESS

Muscular reawakening:

Soft, slow stretching movements, gentle muscle stretching and warming exercises.

Full Body Gym:

A complete workout for the entire body. Firming of the body as a whole, muscle strengthening, fat burning and resistance exercises.

Pilates:

Postural gymnastics aimed at realigning your muscular balance, strengthen pelvic, abdominal and back muscles, regulate breathing and warming your body.

Meditation Yoga:

Postural gymnastics that involve mediation and enhances the balance of both your body and mind. It improves posture and flexibility, it frees your mind completely from stress and negativity.

GIARDINO dei SENSI (GARDEN of the SENSES)

A place in which the mind and body harmoniously reconnect in complete wellness. A magical place imbued with vital positive energy.

A place to stimulate your senses whilst enjoying the many and varied plants and trees, the colours of the sky as they blend in with the hues of the sea below.