

HELIUS SPA

TREATMENTS & RITUALS 2026

LET YOURSELF BE ENVELOPED BY EXCLUSIVE RITUALS, THERMAL TREATMENTS AND REGENERATING MESSAGES IN A PLACE WHERE TIME STANDS STILL.

OUR RITUALS EXOTIC RITUAL

FACE AND BODY SCRUB TO RENEW THE SKIN, REMOVE DEAD CELLS, OXYGENATE AND BRIGHTEN.

45 MIN | €80

MEDITERRANEAN RITUAL

DRY BRUSHING, BODY BUTTER APPLICATION, FACIAL CLEANSING, MASK AND CREAM. NOURISHING AND HYDRATING.

75 MIN | €110

COUPLE'S RITUAL

FACE, BODY AND HEAD MASSAGE WITH AROMATIC OILS ± HYDROMASSAGE AND A GLASS OF SPARKLING WINE.

75 MIN | €230

THERMAL TREATMENTS
STIGLIANO THERMAL MUD
MATURED FOR 7 MONTHS IN SULPHUROUS WATER.

- FACE (COLD) ± FINAL CREAM
20 MIN | €40
- BODY (HOT) ± SHOWER ± OIL
45 MIN | €75

DRAINING TREATMENT WITH MARINE ALGAE REMODELLING AND DRAINING TREATMENT WITH MARINE ALGAE. IDEAL FOR HEAVY LEGS AND FLUID RETENTION.

45 MIN | €90

TERME DI STIGLIANO ANTICHE TERME DI ROMA FACIAL TREATMENTS

THERMAL WATER FACIAL CLEANSING
WITH STEAM, MANUAL EXTRACTION, MASK AND CREAM.

45 MIN | €70

SENSITIVE OR IMPURE SKIN FACIAL (ZINC OXIDE)
CLEANSING, SOOTHING SERUM, MASK AND FACIAL MASSAGE.

45 MIN | €75

VITAMIN C DERMOACTIVE FACIAL
EVENS OUT THE COMPLEXION, ENHANCES RADIANCE AND STIMULATES COLLAGEN PRODUCTION.

45 MIN | €80

LIFTING DERMOACTIVE FACIAL
WITH AHAS AND STEM CELLS. FIRMS THE SKIN WITH A VISIBLE LIFTING EFFECT.

45 MIN | €80

MASSAGES

PARTIAL MASSAGE

TARGETED TREATMENT FOR LOCALIZED AREAS.

20 MIN | €50

RELAX MASSAGE

RELIEVES TENSION AND PROMOTES DEEP RELAXATION.

45 MIN | €80

FACE MASSAGE

STIMULATES COLLAGEN PRODUCTION AND HAS A RELAXING, SMOOTHING EFFECT.

45 MIN | €80

DRAINING / CIRCULATORY MASSAGE
STIMULATES LYMPHATIC FLOW AND REDUCES WATER RETENTION.

45 MIN | €85

DEEP TISSUE MASSAGE
RELIEVES DEEP MUSCLE TENSION AND STIFFNESS.

45 MIN | €90

CUSTOM AROMATHERAPY MASSAGE
A PERSONALIZED BLEND OF TECHNIQUES AND AROMATIC OILS.

45 MIN | €90

BAMBOO MASSAGE

INTENSE, TONING, AND ANTI-CELLULITE.

45 MIN | €90

AYURVEDIC MASSAGE

HOLISTIC TREATMENT WITH WARM HERBAL OILS.

45 MIN | €90

HAWAIIAN LOMI LOMI MASSAGE

FLUID AND RHYTHMIC MOVEMENTS THAT RESTORE BALANCE.

45 MIN | €90

OTHADAM MASSAGE

WITH HOT POUCHES FILLED WITH HERBS AND SALT.

45 MIN | €95

MASSAGE IN THE BAMBOO GROVE

(AVAILABLE IN SUMMER)

45 MIN | €99

COUPLE'S MASSAGE

A SHARED RELAXING EXPERIENCE.

45 MIN | €198

SENSORY COUPLE'S MASSAGE IN THE BAMBOO GROVE
(AVAILABLE IN SUMMER)

45 MIN | €210



OPEN
FROM 10:00AM TO 08:00PM
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