

**ForteVillage**  
SARDINIA

# ACQUAFORTE

THALASSO & SPA

SPA MENU



**ForteVillage**  
SARDINIA

**ACQUAFORTE**  
THALASSO & SPA

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# Our Philosophy

Starting from the precious principles enshrined in traditional Thalassotherapy, about twenty-five years ago the medical team at Forte Village, in collaboration with the Italian school of Thalassotherapy, developed an innovative approach at international level using different gradations of temperature and varying concentrations of magnesium and sodium salt in the water of each of 6 pools, which together constitute a unique thalassotherapy circuit. Sardinia boasts a millenary history of hydrotherapy. The Nuraghic civilisation, which traces its origins to 1800 BC, practiced the cult of water in relation to lunar and astronomical cycles.

This binding with water is also found in the various thermal settlements on the island, among which, just a few kilometres away from the Forte Village, the Nuraghic people founded the “Terme a mare”, near Nora. Unique among its kind, the new Performance Center is a professionally staffed and equipped athletic center with a Fitness and Stretching Room, dedicated to professional sportsmen and amateurs who want to discover new training systems, where they can set increasingly challenging personal goals and see appreciable results during their stay. The sporting spirit, led the resort to create a unique Medical Center called the Forte Lab.

Designed by the medical team of AcquaForte, it is a Diagnostic Center which specializes in the care of muscular and Osteoarticular pathologies, diseases of the spine and sports medicine. There is also an Aesthetic Medical Center equipped with advanced modern instruments and innovative methods. AcquaForte SPA, located in a private corner of the resort immersed in 4 hectares of greenery, is the place to find peace, serenity, energy and the right mental and physical balance. Release your mind during yoga classes, be pampered, treat yourself to an Ayurvedic massage by experienced hands or one of a wide range of exclusive skin and beauty treatments. Refresh and revive at the end of the day by sipping herbal tea and spices with secret recipes on the patio of AcquaForte SPA.



## 1° SEA OIL

**Temperature:** 37°-38°

*Drains, relaxes the muscles and energises the body.*

A high concentration of magnesium salts allows the body to float extraordinarily, releasing tension on the weight-bearing joints and profoundly relaxing the muscles. The high temperature of the water stimulates a tonifying action which dilates the blood vessels, improves metabolic exchanges and promotes draining and detoxifying action.

## 2° SEA OIL WITH ALOE VERA AND MINT

**Temperature:** 37°- 38°

*Stimulates the production of endorphins.*

Thalassotherapy meets phytotherapy, and sea oil is combined with aloe, appreciated for centuries for its regenerative and anti-inflammatory effect on skin tissues, and refreshing mint.

The profound relaxing effect of this combination allow the first and second pool to stimulate production of endorphins, the happiness hormones.



## 3° HIGH SALINE DENSITY POOL

**Temperature: 36°-37°**

Immersion in this sodium-rich pool continues and intensifies the beneficial exchanges between sea water and the body, stimulating elimination of toxins, introduction of minerals and the action of releasing pressure on the joints and relaxing the muscles.

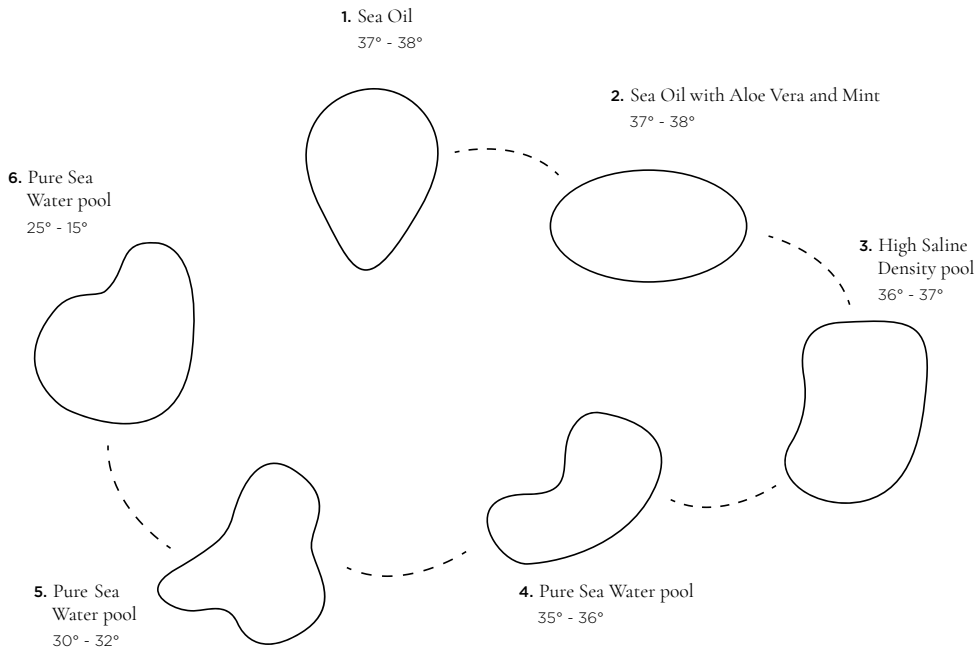
The high temperature of the water promotes psycho-physical relaxation. Its private location and the fact that the water is so easy to float in make it ideal for performing original massages.

## 4° PURE SEA WATER POOL

**Temperature: 35-36°**

*Toning and sensory action.*

This pool has hydromassages directed at various parts of the body, from the sole of the foot to the abdominal and dorsal muscles. The motion and pressure of the water promote cell turnover, encouraging elimination of toxins and excess fluids, which are brought to the surface by the action of the salts in the previous pools.







## 5° PURE SEA WATER POOL

**Seawater temperature: between 30° and 32°**

Seawater helps improve blood circulation. An immersion in this pool acts as a contrast bath that promotes invigorating and stimulating vascular activity. The hydromassage has a mild yet significant stimulating effect on the skin. Additionally, this treatment helps eliminate metabolites and muscle toxins, promotes diuresis and reduces the onset of fibrosis while firming the tissues and making them more elastic.

## 6° PURE SEA WATER POOL

**Temperature: sea water variable between 25°-15°**

This pool of spectacular size energetically completes the detoxification and vascular exercise programme. Its channel against the current and a variety of hydromassages installed on the walls of the pool tone up the muscles, drain impurities and add to the feeling of lightness and relaxation.

# Signature

collection

## THALASSOTHERAPY PROGRAMMES

### Personalised thalassotherapy programme

The program includes a medical examination and a personalized thalassotherapy treatment based on each individual's needs.

€ 250

Specialist medical examination

€150

Personalised thalassotherapy treatment for half day

## PACKAGES

### Thalassotherapy

3 ENTRANCES TO THE COURSE € 295

5 ENTRANCES TO THE COURSE € 480

7 ENTRANCES TO THE COURSE € 700

3 ENTRANCES TO THE THALASSOTHERAPY COURSE + SEA MUD € 385

5 ENTRANCES TO THE THALASSOTHERAPY COURSE + SEA MUD € 660

7 ENTRANCES TO THE THALASSOTHERAPY COURSE + SEA MUD € 900

### Thalassotherapy Circuit

90 MIN - € 120

Includes access to our 6 thalassotherapy pools, Jacuzzi, Turkish bath, Finnish sauna, Chromotherapy showers and pools for rebalancing.

### Thalassotherapy circuit and Sea Mud

105 MIN - €160

Includes access to our 6 thalassotherapy pools, Jacuzzi, Turkish bath, Finnish sauna, Chromotherapy showers and a Sea Mud.





## SIGNATURE TREATMENTS

### **Salt and Honey**

50 MIN - € 195 / 80 MIN - € 290

An exfoliating, moisturising treatment, then a second massage with warm honey.

### **Acquaforte 4 hands massage**

50 MIN € 380 / 80 MIN € 560

Massage performed by two therapists, to re-energise the body and mind.

### **Thalasso water massage**

50 MIN € 195 / 80 MIN € 290

Therapeutic, anti-stress treatment in high salinity water, for total relaxation.

### **Heavenly legs – Kneipp course**

50 MIN - € 195

A treatment for the well-being of the legs with a toning “walk” in high salinity water at decreasing temperatures, and a final massage that provides a lasting feeling of lightness.

### **Cryotherapy with sea oil and aloe**

50 MIN - € 195 / 80 MIN - € 290

A treatment for the legs using cold sea oil wraps that have a draining effect and revitalise micro-circulation.

### **Mud shaping treatment**

50 MIN - € 195 / 80 MIN - € 290

A body treatment that has a slight hyperaemia effect, using seaweed, ideal for draining excess fluid, stimulating micro-circulation and toning the skin.

### **Sardinia Aroma Ritual**

50 MIN - € 250 / 80 MIN - € 350

The precious essential oils used in this ritual come from wild plants gathered in the Mediterranean maquis of Sardinia and from organic cultivation.

The plants are picked strictly by hand and the essential oils are 100% organically pure.

# Massotherapy & Physiotherapy

## MASSOTHERAPY

50 MIN - € 180 / 80 MIN - € 280

### **Eclectic massage**

A highly personalised massage that combines various techniques to best meet the guest's needs.

### **Expectant mother massage**

A totally gentle massage that instills relaxation and a sense of lightness for expectant mothers.

### **Anti-cellulite massage**

An intense massage to stimulate circulation and drain excess fluid that causes cellulite.

### **Draining massage**

Massage using techniques and drainage manipulations over the whole body, focusing on the lower limbs to favor the return of stagnant liquids to improve edema and reduce swelling.

### **Head Massage**

25 MIN - € 120

From the expert therapists of the Acquaforce SPA comes the head massage which is the equivalent effect of a whole body massage, as it relaxes the nervous system and eliminates the fatigue caused by stress and mental tension.







## PHYSIOTHERAPY

50 MIN - € 180 / 80 MIN - € 280

### Physiotherapy treatment

A preventive and diagnostic treatment to treat diseases or dysfunctions in the neuromusculoskeletal system.

### Sports therapy massage

A massage that is ideal for people training for sports, and for muscular and osteoarticular problems.

### Deep tissue massage

A deep massage that uses firm, steady pressure to help relieve muscle contractions.

### Body lymph draining

80 MIN - € 290

A gentle massage that helps stimulate the lymphatic system to help detox and purify your organism.

### Postural osteopathy

50 MIN - € 195

A treatment using manual therapy skills, ideal for any osteoarticular and muscular problem.

### Shockwave

€ 250

A treatment that uses high energy sound waves to stimulate the body's natural repair processes.

### Craniosacral physiotherapy treatment

105 MINS - € 350

This treatment blends postural physiotherapy techniques, functional recovery and craniosacral therapy. It includes visceral manipulation techniques as well as stimulation of the peripheral nerves and the neuro-vegetative system through the sternum. Suitable for pregnant women.

### Tecar therapy

30 MIN € 150/ 50 MIN € 250

A treatment using state-of-the-art technology that is remarkably effective at stimulating the body's inner energy and triggering the natural repair, anti-inflammatory and pain-relieving processes.

### Chiropractic Treatment

€ 250

Holistic scientific discipline and curative art concerning the pathogenesis, diagnosis, treatment and prophylaxis of functional disorders; It also deals with pain and effects syndromes, neurophysiological disorders related to static and dynamic disorders of the neuro-muscular-skeletal system.

Holistic

& Ayurvedic Treatments

## HOLISTIC TREATMENTS

50 MIN - € 180 / 80 MIN - € 280

### Relaxing massage

Full-body massage aimed at psycho-physical relaxation by reducing stress and muscle tension, resulting in a general feeling of wellbeing, providing multiple benefits to the body.

### Hot stone massage

A remarkably effective massage that uses hot stones placed on energy points, that are then gently rubbed over the body in a succession of deep slow strokes.

### Shiatsu

A Japanese massage that rebalances energy flows by applying pressure with the hands on the energy meridians.

### Foot reflexology

A stimulating massage on the pressure points on the soles of the feet.

### Thai body work

A traditional Thai massage that combines pressure applied with the hands and a passive stretching technique.

### 'Turkish Rose' Ritual

75 MIN - € 380

A unique ritual, to stimulate the senses and bring harmony to the mind. The experience of the Acquaforte-Thalasso & Spa therapists meets the exclusivity of the precious turkish rose oil.

### Bamboo massage

50 MIN - € 195

It is a treatment of ancient Indo-Chinese origin, in which the therapist uses smoothed bamboo canes of different sizes to massage the body. It has a draining, decontracting and myorelaxant effect.





## AYURVEDIC PARK & YOGA

### Abhyangha

50 MIN - € 210 / 80 MIN - € 320

An Ayurvedic massage based on a mix of hot vegetable and essential oils, enriched with spices and medicinal herbs: perfect for restoring physical and spiritual well-being.

### 4 hands Shirodhara

80 MIN - € 560

This wonderful treatment consists of pouring warm medicated oil on the forehead, in the area between the eyebrows. The treatment is combined with traditional Ayurvedic massage.

### Pindasweda

50 MIN - € 210 / 80 MIN - 320€

A relaxing massage which uses warm silk or cotton pouches filled with medicinal herbs. It is one of the oldest treatments in the world and will bring numerous benefits not only to your body but also to your mind.

### Sleep ritual

50 MIN - € 195

An intense sensory experience – slow and sweeping movements that brush the face and body. This treatment is perfect for instilling a sense of well-being together with deep mental and physical relaxation. By improving the quality of sleep, it helps the body recover from stressful situations, fight insomnia and reduce jet lag.

### ForteVeda Ritual

110 MIN € 420

Customised work combining ancient Ayurvedic techniques to create a unique experience. Ritual conceived especially by our Ayurveda Master for Acquaforce SPA.

### Yoga personal trainer

50 MIN - € 180 / 80 MIN € 270

An individual yoga lesson to help achieve genuine physical, mental and spiritual relaxation.

### Group Yoga for 2 to 3 people

50 MIN - € 110 PER PERSON

Lessons held in groups of up to 3 people under the guidance of a Yoga therapist to reach through this very ancient discipline a genuine physical, mental and spiritual well-being.

### Meditation (spiritual, mantra, mindfulness, transcendental)

50 MIN - € 210

Reunification of mind and body in a state of full and loving connection to the present. It consists of being able to focus attention on oneself, perceiving sensations, emotions, thoughts and perceptions.

### Tibetan Mantra Bell and massage

80 MIN - € 320 / 110 MIN - 420€

This ancient practice is connected to Buddhist spirituality which is based on the principle that our body is like a delicate musical instrument which, if perfectly tuned, produces frequencies and energy waves that cause us pleasure and wellbeing but which can lose its vibratory harmony.

Forte Lab

## SPECIALIST MEDICAL PROGRAMME

### CLINICAL TESTS

#### Specialist medical consultation

€ 250

#### Cardiopulmonary test / metabolimetry

€ 350

Specialist medical check-up: tests performed include basic ECG and stress test, spirometry, metabolimeter; includes initial inspection, monitoring and post-program.

#### BIA Test (impedanceometry)

€ 280

BiA test and an impedance analysis.

#### Stress Test

€ 300

An examination that consists of carrying out an ECG during physical exercise and an echocardiogram.

#### Spirometry

€ 130

Spirometry is a test that checks the correct functioning of the respiratory system. It is a fundamental diagnostic tool for the early identification of respiratory diseases and the consequences of Covid-19.



### **Cryosauna**

€ 300

Total-body treatment in a cryo-chamber fed by vapourised liquid nitrogen down to -140 °C (284 °F). This treatment has many beneficial effects – anti-inflammatory (strengthens the immune system, helps with osteoarthritis, arthritis, dermatitis, etc.), analgesic (relieves muscle pain), muscle relaxant (helps functional recovery in sports injuries), slimming (increases the basal metabolic rate and other metabolic indices) and antioxidant (prevents ageing).

### **Musculoskeletal ultrasound € 250**

€ 300

Ultrasound imaging can highlight osteoarticular and muscular problems.

### **Basal ECG**

€ 220

A cardiovascular exam with a basal ECG and blood pressure check.

### **Full cardiovascular check-up**

€ 980

Cardiological examination, pressure assessment, basal electrocardiogram, electrocardiogram under stress, cardiac ultrasound, respiratory saturation, bioimpedance testing, spirometry, full report.

### **Food intolerance test**

€ 800

The food intolerance test helps you identify possible food intolerances. The examination is carried out by taking a sample of capillary blood on the fingertip. It can identify possible food intolerances on the 100 most common foods.

### **Customised diet plan**

€ 500



## FOOD, THE FIRST CURE FOR STAYING FIT

The Forte Lab researches the best diet for each guest. The programs are based on the principle of functional nutrition, an approach that aims at addressing the imbalances in the body by restoring function through food, in order to achieve maximum vital energy.

The diet and physical activity program are based on the results of the client's health check through a series of analysis' at the Forte Lab diagnostic laboratory. This

includes the collection of anthropometric data and the investigation of personal habits that lead to the development of nutritional advice based on a new approach aimed at achieving global balance.

Moreover, thanks to the experience of the Forte Village chefs, guests can learn to cook simple, fast and tasty menus to live every moment spent at the table with pleasure and balance.



# High Performance Method

## HPM

HPM is a unique set of tools and professionals that will deliver the results you need when it comes to athletic performance and overall well-being.

An exclusive technology synergistically coordinates all equipment used for the screening and provides the most accurate and reliable results for stabilometric, postural and biomechanical evaluations. This information is compiled in a complete profile for the individual, used as a starting point for therapeutic training sessions. All progress made is closely monitored and thoroughly quantified by our software. This ultimately ensures concrete results that could not be achieved by ill-targeted exercise (generic gym training) or without supported scientific data.

### Hpm Talent Garden

Several tests in which the main qualities of training are evaluated: basic coordination skills, management of imbalances, quality of perception, quality of movement. Aimed at all young people who want to discover their talent and those who have not yet chosen the best sports path to take.

### Hpm Functional Evaluation

Path of awareness and knowledge of your state of shape, physiology and potential attitudes, through an analysis of the functions of the body: flexibility, reactivity, stability, functionality of the core and column. This evaluation can be useful for rehabilitation, sports or simply for prevention or maintenance purposes.

### Hpm Biomechanical Evaluation

Unique evaluation suitable for athlete of each level and who wants to undertake a recovery path towards physical activity. Evaluation of all the tests of mobility and efficiency of the musculoskeletal system: posture, strength, reactivity, mobility, sensory stimuli management.





## PERFORMANCE CENTER PROGRAMME

A training method designed to improve one's fitness performance powered by Acquaforte. It consists of starting to balance any actual muscle aches and simultaneously includes training elements based on previous tests.

The allotted time of 75 min. is an average guide and will be evaluated day by day in reference to the degree of fatigue. During training the guest will be accompanied by a coach and a medical advisor who will follow the workout and solve any difficulties in the execution of the various movements.

**Sports medical consultation € 250**

### **Personal trainer**

80 MIN - € 260 PER SESSION

Personal training sessions aimed at psycho-physical recovery and achievement of optimal athletic performance for athletes, professionals and non-athletes.





## ACQUAFORTE GYM

### **Gym personal trainer**

50 MIN - € 170

A specific training programme with the help of a personal trainer.

### **Aerial dance private trainer**

50 MIN - € 170

Acrobatic and aerial dance lessons, performed in total safety using special supports.

### **Antigravity private trainer**

50 MIN - € 170

A series of exercises performed while suspended, using a hammock structure, ideal for stimulating physical and mental wellbeing.

### **Pilates matwork private trainer**

50 MIN - € 170

Personalised lessons to improve motor capacity, rebalance musculature, and mobilise stiff joints and relieve tension caused by bad posture.

### **Pilates Group sessions max 3 people**

50 MIN - € 110 PER PERSON

### **Fitcamp**

50 MIN - € 195

New training method designed specifically for each type of physique. 4-day programme (omnicentric, abcentric, hipcentric, glutecentric), which alternates cardio training circuits with specific exercises to reduce localised adiposity, tone, slim and increase lean mass.

### **Bungee Dance and Fly**

50 MIN - € 195

New choreographic motor discipline that allows to move on different planes and axes with the aid of a sling and a hanging elastic cord. It sculpts the muscles, avoiding osteoarticular impacts. It is a very powerful aerobic-cardio workout, and it is suitable for both children and adults played to the rhythm of dance music.

### **Booty barre workout**

50 MIN - € 195

An innovative and effective technique very popular among Hollywood stars that fuses fitness, Pilates and ballet in a single workout. The class includes the use of the ballet barre and a combination of exercises for toning, sculpting, strengthening and stretching the muscles, favouring the drainage of liquids and calorie burning.

### **Functional training private session**

50 MIN - € 195

Functional training is an innovative training system based on the principle of functionality, aiming to make a specific movement more effective and efficient, or to solve/improve any physical complications or related symptoms.

### **New Pilates Reformer private trainer**

50 MIN - € 195

A latest-generation machine with a repertoire of exercises for the entire body, using a specially designed tool to strengthen, tone, stretch and shape through a series of precise exercises.

DR. BARBARA  
**STURM**

**Treatments**





GLOW  
DROPS

MADE IN GERMANY

DR. BARBARA  
**STURM**



MOLECULAR  
COSMETICS

## INSTANT GLOW FACIAL

50 MIN - € 195

“This is the signature #SturmGlow facial - it incorporates techniques created in our German clinic for cleansing, exfoliating, potent hydration and firming massage, with advanced science molecular efficacy.”

— DR. BARBARA STURM

This revitalizing facial will cleanse, nourish and awaken the skin, and help restore the complexion's natural glow. Light-reflecting pigments in GLOW DROPS leave the skin with a visible, youthful radiance and even out any irregularities on the complexion.

### THE SCIENCE

Purslane provides rejuvenating, anti-oxidative and nutritive properties, Polygonum Bistorta Root Extract optimizes skin tone and the texture of the skin's surface, while Wild Rose Extract refines the pores.

### THE RESULTS

The treatment nourishes the skin, and helps to restore a natural and healthy-looking glow.

SUPER  
ANTI-AGING  
SERUM

MADE IN GERMANY

DR. BARBARA  
**STURM**



MOLECULAR  
COSMETICS

## SUPER ANTI-AGING FACIAL

80 MIN - € 380

“By combining my custom-blended HYALURONIC SERUM with specific products from the anti-ageing line, this facial treatment has the ability to reach much deeper than a regular facial, visibly reducing the appearance of fine lines and wrinkles. It makes skin look fresher, younger and more radiant almost instantly.”

— DR. BARBARA STURM

The Super Anti-Aging Facial uses the exclusive Dr. Barbara Sturm's HYALURONIC SERUM to penetrate the serum into deeper skin layers. This helps to replenish moisture reservoirs, promote the skin's natural barrier function and stimulate collagen and elastin for a more youthful complexion.

### THE SCIENCE

Long and short-chain hyaluronic molecules are infused into the skin and assist in its repair and hydration. Strong antioxidants and restorative ingredients soothe damaged skin. The treatment works on the surface layer to generate new collagen and skin tissue for a smoother, firmer and more toned appearance while significantly boosting the efficacy of anti-aging molecules.

### THE RESULTS

This facial visibly lifts the skin around the jaw and neck, while reducing fine lines and reviving skin tone and texture.

BRIGHTENING  
SERUM

MADE IN GERMANY

DR. BARBARA

**STURM**



MOLECULAR  
COSMETICS

## BRIGHTENING FACIAL

50 MIN - € 260

“This non-aggressive treatment is designed to brighten your skin, combat lackluster and uneven complexions, and provide a cocktail of nurturing and nutritive ingredients.”

— DR. BARBARA STURM

The Brightening Facial decreases hyperpigmentation and gently brightens the skin using natural brightening ingredients while combatting the oxidative stresses that cause premature aging and dark spots. The skin tone is boosted and more luminous from the shimmer particles included in the BRIGHTENING SERUM, and FACE CREAM or LOTION, whilst also providing essential moisture and rejuvenating anti-aging powers.

### THE SCIENCE

Cress Sprouts Extract helps to visibly and instantly brighten the skin and diminish the appearance of dark and yellowish spots. Ginseng Extract supports the skin's own protection against free radicals and environmental stress and Hyaluronic Acid provides instant hydration.

### THE RESULTS

Your skin is left smoother, brighter and more vibrant-looking, targeting the particular sensitivities of darker skin tones.

CLARIFYING  
SERUM

MADE IN GERMANY

DR. BARBARA  
**STURM**



MOLECULAR  
COSMETICS



## CLARYFING FACIAL

80 MIN - € 330

“In response to years of my patients’ questions regarding skin prone to blemishes and breakouts, I formulated the Clarifying Facial. This treatment has it all; complexionperfecting ingredients, necessary hydration, skin barrier function protection, and anti-aging compounds that fundamentally improve the appearance of the skin matrix.”

— DR. BARBARA STURM

Dr. Sturm’s Clarifying Facial was formulated for blemishprone skin. It directly improves the skin’s barrier and helps to restore its natural balance. The active ingredient complex reduces discomfort and alleviates skin sensitivity and redness for an instant calming effect, while addressing the signs of aging and reducing the appearance of fine lines and wrinkles.

### THE SCIENCE

Zinc removes excess sebum and counteracts the formation of impurities whilst

Albatrellus Ovinus Extract reduces redness, resulting in a more even skin tone.

### THE RESULTS

Harmful bacteria and redness is reduced as well as the production of the sebaceous glands.

FACE  
CREAM

MEN

MADE IN GERMANY

DR. BARBARA  
**STURM**



MOLECULAR  
COSMETICS

## MEN'S FACIAL

50 MIN - € 230

“A man’s skin is dermatologically different from a woman’s. The anti-aging Men’s Facial revitalize male skin while taking into account those differences. The treatment will exfoliate, calm and nourish the complexion, refine pores and provide essential hydration”

— DR. BARBARA STURM

Customized to the specific needs and challenges of men’s skin, this treatment cleanses, tones, soothes and comforts irritated skin, especially after shaving. The Men’s Facial removes rough or dry skin and promotes skin regeneration, while also fighting the signs of aging, under eye discoloration and puffiness.

### THE SCIENCE

Long and short-chain hyaluronic molecules are infused with strong anti-oxidant ingredients that repair damaged cells and support regeneration.

### THE RESULTS

The skin emerges deeply cleansed, softer and brighter. It restores, calms the complexion for an amazing revitalization, and reduces the appearance of deeper facial lines and wrinkles to which men are more prone.

Acquaforte

Beauty

## HIGH-TECH BEAUTY TREATMENT

### LPG – lipomassage

50 MIN - € 290

Anti-cellulite, firming action. The treatment acts on the cutaneous and subcutaneous circulation, through two mechanisms: two rollers slide gently throughout the body by stimulating blood flow, increasing oxygenation of tissues and metabolic exchanges. The stimulation of the microcirculation and improved oxygenation effectively reactivate the fibroblasts contained in the subcutaneous tissue, resulting in an improvement in tone and cellulite.

### Contact thermography – Cellulite detection

25 MIN – € 130

Thermographic plates represent an innovative approach for detecting cellulite quickly, painlessly and non-invasively, even before the onset of skin manifestations. They can identify and highlight the very first stages of cellulite objectively and scientifically, thus making it possible to treat it immediately with preventive aesthetic and therapeutic applications.

**Manicure** 50 MIN - € 85

**Manicure semi-permanent** 80 MIN - € 165

**Russian manicure** 110 MIN – € 250

**Pedicure** 50 MIN – € 100

**Pedicure semi-permanent** 80 MIN - € 180

**Russian pedicure** 110 MIN – € 260

**Make-up starting from** € 250

### Oxygen therapy Scalp Therapy

50 MIN - € 400

### Oxygen therapy Face and Scalp Therapy

80 MIN - € 700/ 110 MIN € 800

### Oxygen therapy

50 MIN - € 400 / 80 MIN € 600

Facial treatment that involves the use of a hyperbaric oxygen treatment with a serum. Choose the action you prefer between anti-aging, skin smoothing and a revitalizing detox to stabilize the dull, protective skin helping the synthesis of collagen and minimizing the pores and improving the overall complexion.



### Natural cosmetics made in Sardinia

The Sardinian region, with its raw materials, perfumes and abundance, allowed us to realise an aspiration common to several Sardinian companies, often supported by university research: creating cosmetics of the highest quality, certified by INCI with a "green label", which are in line with our goal of preserving the local area and what it has to offer.

These products are the result of a study that aims to enhance the uniqueness of the island's raw materials such as honey, sea salt, snail slime, donkey milk and the variety offered by the flora of the Mediterranean shrubland, thus combining the highest quality with full respect for Sardinian nature.

Private Spa

A SPA within the SPA, a devoted cocoon in search of total well-being, reserved for those who want the utmost privacy in the heart of the spectacular Acquaforte Thalasso & Spa, the quintessence of the concept of exclusivity.

This is one of the secrets of the Forte Village Resort: the ability to continue to amaze its guests with innovations that interpret all the intrinsic elements in the idea of beauty and uniqueness. Even when it comes to wellness. With its new “Private SPA Experience”, Acquaforte Thalasso & Spa, presents an oasis in the oasis: 300 square metres designed to ensure the utmost privacy and a ‘tailor-made’ wellness programme.

Exclusive services and dedicated staff, to experience moments of pure relaxation ‘as a couple’, with your family or with a group of friends (up to 10 people). The “Private SPA Experience” translates into: 4 pools with the prodigious virtues of seawater sublimated by thalassotherapy, a treatment cabin, a hammam, solarium, emotional shower, Kneipp path and private entrance and reception areas. Guests of the private SPA can also request the advice of the team of specialists at Acquaforte Thalasso & Spa.









# Winter SPA

## A warm, happy oasis for another holiday season

Forte Village's summer lasts all year long. Sun, blue sky and lush green nature. Why not dip into the wonderful thalassotherapy course and try out our Acquaforte Thalasso&SPA treatments afterwards, even in the colder months of the year, when elsewhere the days are shorter and there's less light? The spectacular glass roof over the pools and gardens, enabling you to contemplate the nourishing beauty of nature, has turned our SPA into a warm, happy oasis in winter too. It's a place to recharge your batteries and appreciate all the things a holiday has to offer.



# Acquaforce Spa etiquette

## Opening hours

Acquaforce Spa is open from 09:00 am to 8:00 pm, 7 days per week during the peak season.

## Reservations

We highly recommend that you reserve in advance to ensure the availability of the treatment you prefer.

Call from the bedroom direct to Acquaforce Spa: **8033**  
Number for reservations from outside: + **39 070 9218033**

## Arrival

We recommend arriving at least 15 minutes before the treatment time booked. This will allow us to introduce you to our services and to evaluate together the ultimate goal of the treatment program you have chosen. We ask the courtesy to let us know by phone if you are going to be late for your appointment so that we can try to assure the full treatment, where this is not possible the duration of the treatment will be reduced.

## Spa Amenities

SPA amenities available to guests are changing cabinets with towels, bathrobes, slippers and high quality essential toiletries.

## Valuables

We regret we cannot assume any responsibility for any damage or loss of personal belongings. We recommend that you leave your valuables in the bedroom safe.

## Cancellation Policy

We require a 2-hour notice for the cancellation of any appointments. Annulments between 60 minutes and 2 hours will be charged at 50%, Cancellation 60 minutes before the start of the treatment and no-shows will be charged at 100%.

## Restrictions of Use

The Acquaforce SPA is a retreat, a place to regenerate the body, mind and soul which is reserved for guests over 16 years. Here we listen to the sounds of nature so we invite our guests to use a low tone of voice, to turn off personal phones and to respect the privacy of others. Smoking is prohibited anywhere inside Acquaforce.

## Health Conditions

We request all guests to please inform us, when filling out the entry questionnaire, about any health conditions that require special attention.

## Acquaforce Shops

Acquaforce SPA is proud to offer its guests high quality effective facial and body treatments using professional products by Sisley Paris. In order to maintain the results obtained with us, and to continue to treat your skin in the privacy of your own home, we offer a wide range of products from our Acquaforce and Sisley Paris shops. Our highly qualified professional Beauty Staff will assist you to choose the best products.



# PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT



# For a longer life, better lived

We invite you to experience the Palazzo Fiuggi Medical Concept at its birthplace. Here, amid a breath-taking natural setting long renowned for its healing waters, guests can enjoy privileged access to world-class spa and medical facilities.

## World-class Spa

The high-concept spa is the jewel in the crown at Palazzo Fiuggi. Its immaculate pools, treatment rooms and relaxation areas represent the ultimate in medical spa facilities, designed to support optimal physical and mental health and promote a deep and lasting sense of wellbeing.

## Miraculous Fiuggi Water

The celebrated mineral waters found at Palazzo Fiuggi are famed for their unique healing properties. Here, you will discover how the four eternal elements – water, earth, air and fire – can achieve a natural balance that promotes a truly harmonious state of health and mental wellbeing.

## Food as medicine

Developed by Heinz Beck, resident three-star Michelin chef and Natural Bio-Energies expert, in collaboration with Prof. David Della Morte Canosci, Palazzo Fiuggi's Food Line represents a joyful celebration of the best nutrition our planet has to offer, featuring delicious, personalized meal plans.

## Personalised Programs

We create a bespoke portfolio of medical services, wellness treatments and holistic therapies for each guest. There are no standard or predetermined programs; your personalized pathway will be tailored to your individual needs to ensure you achieve your goals. All Fiuggi programs are based on medical evidence and are tailored by our doctors and experts to fit guests' unique treatment profiles and objectives.







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