

Grand Hotel Terme
sirmione
★★★★★



SPA MENU

EN

FACIAL TREATMENTS



LUXURY CAVIAR

The energy of caviar in its purest form with the highest content. Long-lasting face treatment. Ideal for prematurely aged, marked, dehydrated and stressed skin. Expression lines and wrinkles are effectively erased.

80 euro - 40min

FACIAL CLEANSING WITH ULTRASOUND PEELING

Detoxifying action suitable for all types of skin. The water and thermal mud, rich in trace elements, characterize the cleansing treatment in synergy with specific active ingredients. The deep ultrasound purifying action will make the skin regeneration even more visible. The result is a purified skin free of any red spots that are typical when it comes to facial cleansings. For home maintenance we offer you a cleansing kit of Aquaria Thermal Cosmetics.

120 euro - 80min

FACIAL TONE WITH COLLAGEN

Toning and soothing action suitable for all skin types. A treatment that uses the vegetable collagen fleece activated by the thermal water, rich in trace elements, leaving the face skin a filling, soothing and toning effect.

90 euro - 50min

PURESENSE FACE-PURIFYING TREATMENT WITH THERMAL MUD

A specific treatment against skin imperfections, dull skin, dilated pores and blackheads. The thermal mud purifies the skin in depth and regulates the production of sebum, thus smoothing and perfecting the skin tone.

90 euro - 50min

LUMINOUS REWHITE

Ideal for all ages. An innovative treatment that corrects skin dyschromia and damage signs due to age, sun or imperfections. It lights up the face skin and gives a global anti-aging effect.

100 euro - 50min

MULTIVITAMINIC FACIAL

Preemptive action against aging. Suitable for all skins. Thanks to the vitamins, it is an excellent help against aging. It improves elasticity and skin tone, making it more hydrated and elastic. Including a complimentary Multivitaminic Serum Aquaria Thermal Cosmetics for home use.

100 euro - 50min

GOLD DNA ANTIAGING FACE-HAND

Anti-aging, illuminating and moisturizing action. The treatment involves the use of an innovative line of products, rich with DNA active ingredients helping against skin aging. To leave the regeneration a more visible effect, a deep purification based on ultrasound is included.

120 euro - 80min

RECREAGE FACIAL

A secret beauty treatment for dull skin, against dyschromia, acne and wrinkles. The uniformity of the complexion is intensified, grain is refined, dyschromia and acne scars are toned; the face is visibly renewed and regenerated.

120 euro - 50min

JALURACTIVE ULTRASOUND

A nourishing filling treatment. Hyaluronic acid combined with ultrasound technology penetrates deeply into the skin giving an immediate tightening effect. Includes a complimentary Professional Cream of Coral by Aquaria Thermal Cosmetics.

120 euro - 50min

RADIOFREQUENCY (RESISTIVE/CAPACITIVE) FACE

Plumping treatment that counters the natural skin relaxation. It gives an immediate and visible result with a non invasive lifting effect. Includes a complimentary Recompacting Serum by Aquaria Thermal Cosmetics.

120 euro - 50min

MICRONEEDLING

Non-invasive deep treatment ideal for wrinkles, scars and loss of facial elasticity. It promotes skin regeneration and collagen production, toning the skin up. Includes a complimentary professional Nourishing Mask by Aquaria Thermal Cosmetics.

120 euro - 50min

BODY TREATMENTS



BODY SCRUB

A gentle body exfoliation with Dead Sea whole salts and Himalayan stones: it purifies the skin while promoting the absorption of the active ingredients of the following treatment.

70 euro - 25 min

BODY THERMAL MUD

A cosmetic treatment with thermal mud combined with active ingredients of the essential oils to be chosen among laurel, sandalwood and grapefruit for draining liquids; lavender, helichrysum, jojoba and cypress for leaving lightness to the legs: mix of trace elements and jojoba oil for a soothing effect.

90 euro - 50 min

BODY THERMAL DETOX

Thermal whirlpool in a private tub, followed by a body cleansing with gentle Aleppo Soap.

90 euro - 50min

BODY EXFOLIATION AND CANDLE MASSAGE

A reactivation body exfoliation with a vegetable sponge stimulating microcirculation followed by a nourishing candle massage using vegetable body butter.

90 euro - 50min

SLIMMING BODY TREATMENT

A slimming body treatment based on Phosphatidocoline against localized adiposity and cellulite. The results are visible from the first session.

100 euro - 50min

DIVINO BODY TREATMENT

A body treatment using BIO wine and grape seed extract with extraordinary antioxidant properties. It involves a gentle exfoliation with savonage, followed by a body massage.

100 euro - 50min

GARDA PERFUMES

A tribute to Lake Garda: a body treatment with savonage thermal mud and olive soap followed by a body massage done with Oliva del Garda DOP, citrus and lavender flavored body butter.

100 euro - 50min

SENSE AWAKENING

Sensory wellness treatment reactivating the energy points, chakra, with a 25 minutes foot massage of 25 minutes with essential oils, introduced by the sound of Tibetan bells, with conscious breathing techniques guided by the operator. The treatment ends with herbal tea tasting in the treatment room.

90 euro - 50min

RADIOFREQUENCY

A radiofrequency treatment which tightens and reshapes the tone of the tissues. Ideal for battling cellulite and water retention.

130 euro - 80min

ULTRASOUND

Slimming ultrasound treatment. Ideal for reducing localized fat deposits and draining excess fluids.

130 euro - 80min

MASSAGGES



FACE MASSAGE

Face massage aiming at reshaping face, neck and décolleté contours, thus favoring skin drainage and spraying.

80 euro - 40min

LOCALIZED MESSAGE

A massage which uses a specific essence added to the massage cream, with the aim of regenerating mind and body of the person who asks for it.

70 euro - 25min

RELAX

A specific massage of medium intensity, massage to relax the mind and improve skin trophism by using a delicate thermal water cream.

110 euro - 50min

SPORT MASSAGE

It reduces all contractures and tensions that can affect the muscles, preparing them in an excellent way for physical activity by stimulating the microcirculation and relaxing the tissues.

110 euro - 50min

DRAINING MASSAGE

Agile circulatory maneuvers that act on the tissues favoring blood, venous and lymphatic return. It stimulates the blood to flow faster, the vessels to come into contact with the tissues thus facilitates the removal of excess fluids.

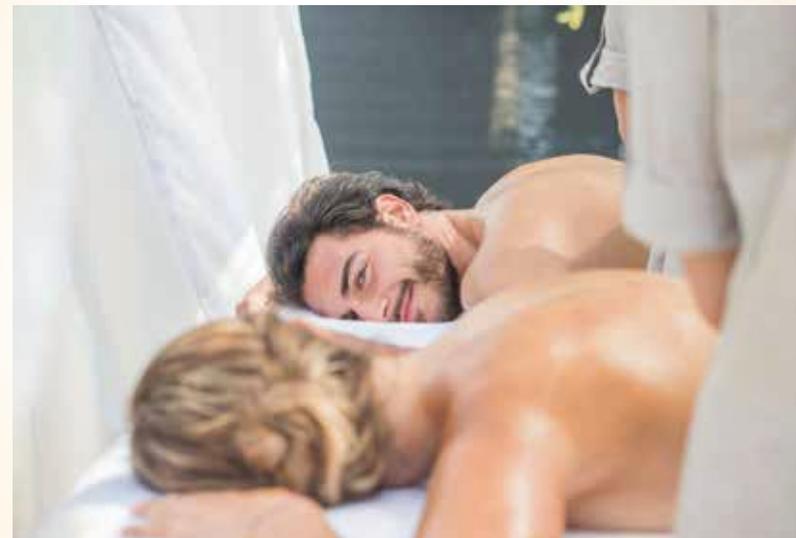
110 euro - 50min

4 HANDS MASSAGE WITH GARDA DOP OIL

The 4-hand massage is an extraordinary treatment that involves synchronized manual skills of two operators that generate a rhythmic and continuous flow.

200 euro - 50min

COUPLE TREATMENTS



YOU & ME MASSAGE - ADULT & CHILDREN under 16

Relaxing massage dedicated to parent and child. Sweet and enveloping hand dexterities relax body and mind.

130 euro - 25min

CANDLE MASSAGE YOU & ME

Aromatic massage in the duet room, using a warm massage candle.

190 euro - 50min

THERMAL REGENERATION YOU & ME

A couple-dedicated thermal ritual: a face mask with thermal mud followed by a body massage with thermal butters. For home usage a complimentary Rejuvenating face thermal mud Aquaria Thermal Cosmetics is included

200 euro - 50min

GOLDEN RITUAL YOU & ME

A thermal ritual dedicated to the couple: a gold face treatment with anti-aging and illuminating DNA followed by a body massage with thermal butters. For home usage complimentary Pomegranate body butter and Garda olive body butter Aquaria Thermal Cosmetics are included.

260 euro - 80min

MAGIC HONEY YOU & ME

A moisturizing program dedicated to the couple: a nourishing face and body mask based on cosmetic honey followed by a total body massage.

300 euro - 120min

SPA CASTELLO

Private Spa with breathtaking views on Lake Garda that we reserve just for relatives/family.

The Spa Castello includes: Finnish sauna, steam bath, emotional showers, Swedish shower, Jacuzzi whirlpool, indoor and outdoor relaxation area and herbal tea room

70 euro - 50min



BEAUTY AESTHETIC

SPA MANICURE	€ 50,00
SPA PEDICURE	€ 60,00
SPA MANICURE WITH SEMI-PERMANENT APPLICATION	€ 85,00
SPA PEDICURE WITH SEMI-PERMANENT APPLICATION	€ 100,00
NAIL POLISH CHANGE	€ 15,00
FACIAL EPILATION	€ 20,00
ARMS EPILATION	€ 30,00
UNDERARM EPILATION	€ 25,00
HALF LEG EPILATION	€ 30,00
FULL LEG EPILATION	€ 45,00
MALE BACK EPILATION	€ 45,00
MALE CHEST EPILATION	€ 45,00



YOGA&MIND TREATMENTS

On request - upon availability

EARTH AND FIRE

Inside the steam bath of the romantic Spa Castello, you will scrub on yourself with flavored sea salts followed by a thermal mud and then relax with a guided body and mind meditation. 30 min remain available for the Spa.

Place: Spa Castello
2 people 70 euro - 80min

AIR AND WATER EMOTION

In the romantic Spa Castello, inside the steam bath, you will warm your body up to receive a scrub with a hemp glove covered by foam coming from thermal soap flakes. 30 min remain available for the Spa.
Complimentary Exfoliating glove by Terme di Sirmione.

Place: Spa Castello
2 people 70 euro - 80min

SENSE AWAKENING

A multisensory experience including lights, sounds and scents in the Vitalitas Private Spa. You can choose your essential oil among lavender (relaxing), mint (energizing) and mountain pine (anti-stress). Your journey continues with your favorite essence used to aromatize a foot bath, aufguss (jet of steam in the sauna), a face mask and relax time with guided meditation.

Place : Vitalitas
2 people 50 euro - 50min

ZEN

In the Private Spa Vitalitas accompanied by Zen music, you execute simple yoga positions while listening to the breath and plus a guided meditation in the sauna with aufguss (jet of steam) and relaxing music.

Luogo: Vitalitas
2 people 40 euro - 30min

RELAX TIME

Moments of relaxation in between aufguss (jet of steam in the sauna), body scrub and Jacuzzi in the Vitalitas Private Spa. The aufguss or "jet of steam" is done in the Finnish sauna with the help of the aufgussmeister, who, after having melted ice spheres with 100% pure essential oils on the brazier, creates a flavored cloud that spreads through waving techniques using a towel and a fan to the beat of the music, for a pleasant multisensory experience. Complimentary Exfoliating glove by Terme di Sirmione.

Place: Vitalitas
2 people 60 euro - 80min

FACE YOGA BASE

In the face, neck and head there are 57 muscles that control our expressions. As the muscles in the rest of the body to be elastic and tonic can be trained with specific exercises of a few minutes to be included in the daily beauty routine. By drawing on Prana, the vital energy, Face Yoga restores a youthful and harmonious appearance to the face. The skin of the neck and décolleté also appears more compact, the subcutaneous muscles are strengthened and wrinkles are reduced with a lifting and anti-aging effect.

Place: Thermal Medical SPA
euro 50 - 45min

FACE YOGA EXCLUSIVE

Like a personal trainer, the Yoga master teaches us the best sequence for the muscles of our face. We learn to use the hands and Prana, the vital energy, through a correct breathing, combined with specific gestures and self-balancing techniques. The results can be surprising. The constancy and acquisition of the technique reward and this moment of self care turns into a powerful anti age, able to increase the absorption of the active ingredients contained in the favorite cosmetics.

Place: Thermal Medical SPA
euro 50 - 45min

MINDFULNESS

A practice of awareness in which, through guided meditation, anxiety, insomnia, stress, exhaustion and psychophysical tensions can be dissolved, leaving the person feeling a rediscovered well-being generated by a real organic renewal. The session can also be carried out as a couple.

Place: Sala Oleandro
euro 65 - 30min

COUNSELING

An individual psychosomatic path that, starting from a specific psychic and/or physical problem, accompanies you to greater awareness and ability to respond to stress or a transient difficult situation. We intervene on a somatic, emotional and relational level and also on the energetic level, considering the aspects most present in our everyday life like nutritional habits, sleep rhythms and exposure to different elements of stress.

Place: Sala Oleandro
euro 65 - 30min

PERSONAL YOGA

Personal yoga is an experiential practice which, through sequences of positions (asana), breathing and emotional release, favors the balance between mind, body and spirit. The yoga master builds a personalized session based on the person's needs. Anxiety, stress, fatigue and contractures are some of the problems personal yoga practice acts upon. Yoga also benefits menopause and pregnancy and can be an excellent remise en forme treatment thanks to its dynamic postures that tone the body and stimulate the metabolism.

Place: Sala Oleandro
euro 65 - 45 min

THERMAL WATER YOGA

Yoga is performed in the thermal water pool at approximately 37 degrees which, thanks to the absence of gravity, allows you to take positions with little effort, making it suitable for everyone. It favors micro and macro-circulation, muscle elasticity and the holding of a correct posture. It is also effective against stress, helps breathing control and reduces the level of anxiety.

Place: Thermal Pool
Free. 30min - Yoga&Mind calendar at Thermal Medical SPA

BREATH YOGA

A set of yoga positions and breathing techniques that help to relax and reactivate the vital force and psychophysical harmony. The experience focuses on managing your inhale and exhale to oxygenate every part of the body.

Place: Terrazza Belvedere/Sala Oleandro
Free. 30min - Yoga&Mind calendar at Thermal Medical SPA



THERMAL MEDICAL SPA

t. 7568

TIMETABLES

Thermal Pool

from 9 a.m. to 8 p.m

Thermal Medical SPA

from 8 a.m to 8 p.m

Spa Castello

from 9 a.m. to 8 p.m

Gym

from 9 a.m. to 8 p.m



TERME DI SIRMIONE