

A background image of a waterfall with water cascading down, creating a sense of movement and freshness. The water is a vibrant blue color, and the overall scene is bright and clean.

SPA MENU

TERME DI SIRMIONE METHOD TREATMENTS

Terme di Sirmione's treatments follow protocols validated by dermatologists and employ high classical dexterity and natural products.

Aquaria Thermal Cosmetics Professional line, made entirely with our sulphurous thermal water rich in sodium, chloride, bromine and iodine, is specifically designed for use in the SPA.

The history and identity of Terme di Sirmione have always been linked to the use of our natural resources, thermal water and mud, with the collaboration of highly specialised professionals and medical staff.

All treatments with **blue drop** are exclusive of Terme di Sirmione





FACIAL TREATMENTS



2018
best signature treatment
nominee

ANTI-AGE GOLD TREATMENT WITH DNA

Anti-ageing, moisturising and emollient action.
Suitable for mature and thickened skin.

The treatment involves the use of an innovative line rich in active DNA substances, aimed at improving the tone of tissues and preventing skin ageing.

OXYGENATING CLEANSER WITH THERMAL MUD

Detoxifying. Suitable for all skin types.

Water and thermal mud are rich in active ingredients; they are used in this facial cleansing along with products for all types of skin.

*The Oxygenating Cleansing is available at Hotel Acquaviva del Garda

PERSONALISED FACIAL WITH THERMAL MUD

Smoothing action. Suitable for dull, weak, aged skin.

Treatment including the application of our thermal mud with a smoothing and detoxifying action, which prepares the skin for the active principles of the specific 100% Terme di Sirmione thermal water mask chosen according to the skin's needs.

*Not available at Hotel Acquaviva del Garda

ANTI-POLLUTION TREATMENT

Anti-pollution action. Suitable for all skin types.

Latest-generation antioxidant treatment that protects the skin from pollution thanks to a particular molecule that quickly acts on the activation of free radicals in synergy with the thermal water.

FACE, NECK AND NECKLINE COLLAGEN TREATMENT

Toning and soothing action. Suitable for all skin types.

Treatment using the coating of plant collagen activated with thermal water rich in trace elements that create a filling, firming and soothing effect.

GLYCOLIC ACID SMOOTHING TREATMENT

Smoothing action. Suitable for dull, weak, impure, aged skin.

Promotes physiological cellular turnover, making the skin smoother, brighter and more compact. Particularly suitable for dull, weak, impure or aged skin or skin with spots.

It has a relaxing effect on wrinkles.

VITAMIN C ANTIOXIDANT TREATMENT

Antioxidant and plumping action. Suitable for all skin types. Stem cells and vitamin C have an important antioxidant action with a revitalising, anti-ageing and plumping effect.

LIGHTENING TREATMENT WITH FRUIT ACIDS

Antioxidant and lightening action. Suitable for skin which tends to discolour. Fruit acids have exfoliating and lightening properties that improve skin tone, making it bright and smooth.

DERMOPURIFYING TREATMENT

Purifying and calming action. Suitable for impure skin prone to acne. Treatment that includes a careful and gentle cleansing of impure and acne-prone skin in combination with specific products with a calming and soothing action.

ANTI-SPOT AND ANTI-AGE MANDELIC ACID TREATMENT

Strong exfoliating and regeneration action. Suitable for mature, thickened or weak skin or skin prone to spots. Mandelic acid combined with glycolic acid creates deep exfoliation, relieving the signs of ageing and reducing discolouration by reactivating the natural process of cell turnover.

*Not available at Hotel Sirmione e Promessi Sposi and Hotel Fonte Boiola

ANTI-AGE TREATMENT

Immediate anti-ageing action. Suitable for mature skin. Designed to prevent the common problems affecting mature skin, especially rendering skin more compact and restoring tone. Suitable for mature skin. Immediate anti-ageing action.

SKIN BIOSTIMULATION LIFTING TREATMENT

Lifting and plumping action. Suitable for mature skin. Skin biostimulation treatment with a stem cell base with a very high penetration capacity, for an immediate lifting effect.

*Not available at Hotel Fonte Boiola



THERMAL MUDS FOR THE BODY

BALANCING AND EMOLLIENT THERMAL MUD

Soothing and relaxing action. Suitable for all skin types.
Cosmetic treatment with lukewarm thermal mud with rose petals, rich in trace elements and minerals, including jojoba oil and its soothing properties.

*Not available at Hotel Acquaviva del Garda

REDUCING AND SLIMMING THERMAL MUD

Reducing action. Suitable for all skin types.
Cosmetic treatment with warm thermal mud that, combined with the active ingredients of bay, sandalwood, grapefruit, jojoba and cedar essential oils, favours the drainage of excess liquids.

*Not available at Hotel Acquaviva del Garda

LEG DETOX THERMAL MUD

Refreshing and draining action.
Suitable for those who suffer from swelling of the lower limbs.
Cosmetic treatment with lukewarm-cold thermal mud plus lavender, helichrysum, jojoba and cypress essential oils, which create a feeling of lightness and freshness in the legs.

*Not available at Hotel Acquaviva del Garda



BODY TREATMENTS



REVITALISING ANTI-AGE GOLD TREATMENT

The skin regains its splendour with Eternal Gold.
Suitable for mature and dull skin.
It improves elasticity and nourishes and protects the skin, making it perfectly smooth, perfumed and lightly illuminated.

*Not available at Hotel Fonte Boiola

ENERGISING TREATMENT WITH ORANGE AND SPICES

Energising and anti-ageing action.
Ideal for promoting skin elasticity.
Peeling and massage with orange and chilli-perfumed butter that reactivates the skin, making it soft and hydrated.

HAND ANTI-AGEING TREATMENT



Smoothing, rejuvenating and lightening action.
Suitable for regenerating the skin of the hands.
The main active ingredients of this treatment are glycolic acid, with an exfoliating action, plant collagen, with a lifting action, and shea butter with a hydrating thermal water base.

BALANCING TREATMENT WITH WARM BUNDLES

A sweet and enveloping ritual for relaxing the body and mind.
A warm touch perfumed with herbs, which stretches your muscles and stimulates circulation, creating a feeling of well-being.

AROMATIC WRAP WITH SHEA BUTTER

Moisturising and restorative action. Suitable for all skin types.
The treatment combines the nourishing properties of shea butter with aromatherapy for a repairing and sensory effect.

SLIMMING COFFEE TREATMENT

Reducing action.
Formulated to counteract fat and the stagnation of body fluid.
Reactivating body treatment with the precious properties of coffee, which has a slimming and anti-fat action.

*Not available at Hotel Fonte Boiola

BODY BRUSH WITH CANDLE MASSAGE

Exfoliating and rehydrating action.
Reactivating body treatment that stimulates microcirculation through delicate exfoliation carried out on dry skin with natural fibre brushes, preparing the skin for a warm and enveloping candle massage with vegetable butters.

REGENERATING TREATMENT WITH VITAMINS

Antioxidant and revitalising action.
Skin regeneration with vitamins and stem cells.
Renews the skin, promotes oxygenation, the recovery of tone, elasticity and hydration, fighting the formation of skin imperfections.

A close-up photograph of a person's hands. One hand is holding a dark, possibly black or dark brown, jar with a lid. The jar is tilted, and a thin stream of golden-yellow oil is pouring out from its opening into the palm of the other hand. The oil is glistening on the skin. The background is softly blurred, showing a person's torso in a light-colored, button-down shirt. The overall lighting is warm and soft. A semi-transparent white rectangular box is overlaid on the right side of the image, containing the text 'BODY MASSAGES' in a bold, black, sans-serif font.

**BODY
MASSAGES**

BODY MASSAGE WITH VEGETABLE BUTTERS

Nourishing and enveloping, with the pleasant aroma of olive or pomegranate.

ALMOND OIL OR GARDA OLIVE OIL MASSAGE

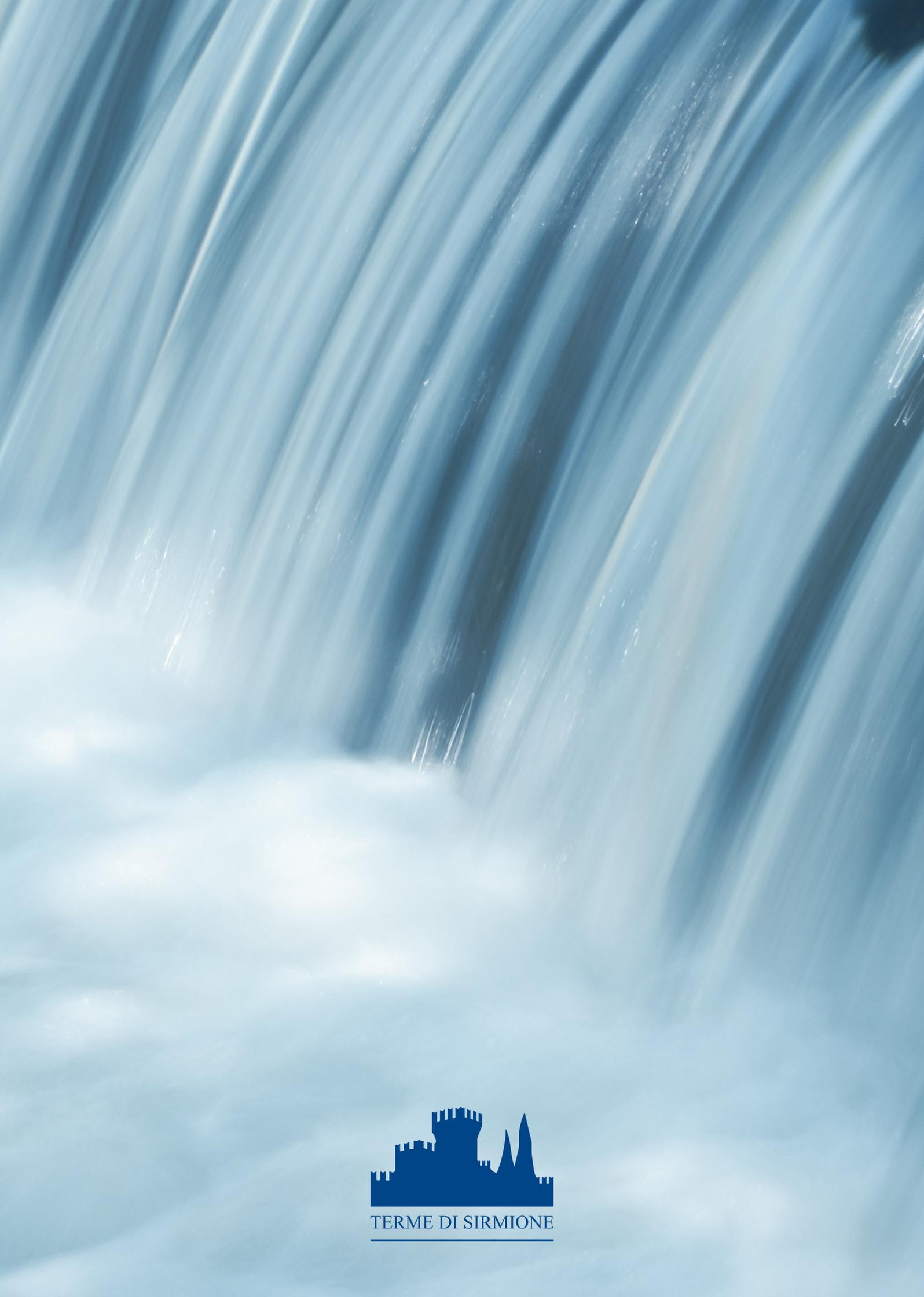
Soothing massage enhanced by the properties of Garda olive oil - highly antioxidant, protective and elasticising - or Almond oil - regenerating, emollient and nourishing.

ARGAN OIL MASSAGE

Performed with movements that stimulate and relax the senses. 100% Argan oil is rich in vitamins, anti-free radicals and favours deep hydration.

DRAINAGE MASSAGE

Massaging movements that help move and eliminate excess fluids, counteracting fatty deposits.



TERME DI SIRMIONE
