



GRAND HOTEL
SALSOMAGGIORE
THERMAE & NATURAL SPA

TREATMENT LIST

MASSAGES

Here you will find personalized treatments designed for your body and mind relaxation that will help you find harmony.



Back neck massage

25 min | 50 €

This massage therapy focuses on two areas of the body that are highly susceptible to stress and muscle pains - the neck and back. Our skilled massage therapists use specific, intensive, and targeted techniques to provide deep and meaningful movements that dissolve contractures and alleviate muscle pains.

Foot massage

25 min | 50 € 50 min | 85 €

Massage performed on the sole of the foot that reflects each part of our body. By focusing on sole mapping and massaging each organ and reflex apparatus, this treatment can help alleviate neuralgia, labyrinthitis, and issues related to weight loss, water retention, and cellulite.

Antistress massage

25 min | 50 € 50 min | 80 €

Enjoy a soothing massage with gentle pressure and enveloping movements. This type of massage can increase energy levels, balance moods, strengthen the immune system, and aid tissue regeneration.

Pregnancy massage

50 min | 80 €

Indulge in a sweet and gentle massage designed specifically for expecting mothers. This treatment is akin to a warm embrace, featuring enveloping, draining and anti-stress movements that focus on the areas that are most tired. Your neck, back, lower back, legs, and feet will feel noticeably lighter, and you'll leave feeling relaxed with perfumed, soft skin.

Note: It is possible to carry out the massage starting from the fourth month of pregnancy

Personalised massage

50 min | 85 €

We believe that each guest is unique and comprises three components: mind, body, and spirit. We are skilled at decoding body language and recognizing emotional and stressed signals that have been internalized by the entire body. By conversing with you, we will determine the ideal massage combination that you will enjoy the most.

Relax massage

25 min | 50 € 50 min | 80 €

Experience complete relaxation for both your body and mind with our sinuous massage, featuring enveloping movements and a constant pressure that will help you forget the stresses of your daily routine. Our warm oil will nourish and soften your skin with its delicate sweet almond scent.

Argan oil thermal massage

50 min | 90 €

Let yourself be pampered by an enveloping and precious massage like Argan oil. Rich in vitamin E with very high antioxidant and nourishing properties.

Lomi Lomi massage

50 min | 85 €

A fully immersive massage on a water-heated bed that engages your soul, mind, and body, while the accompanying lights, sounds, and aromas transport you on a sensory journey away from all accumulated negativity.

Salt stone massage

25 min | 60€

Localized back massage with heated pink Himalayan salt stones rich in beneficial minerals, release muscle tension and promote deep relaxation

Free mind massage

25 min | 50€

Acupressure massage in specific areas of the scalp to relieve stress and feel with a free and light mind.

Anticellulite massage

50 min | 85 €

Circulatory massage is a technique used to stimulate and improve blood circulation and diuresis. The therapist applies massage techniques on the adipose tissues to enhance venous and lymphatic blood flow. This results in faster blood circulation touching the tissue and facilitates the removal of excess fluids directed to the kidneys. Circulatory massage also helps improve venous and lymphatic blood returns by stimulating the blood vessels to flow more quickly in contact with the tissue.

Hot stone Massage

50 min | 90 €

Massage with basaltic volcanic stones that retain heat and slowly release it, relax muscle contractions, improve circulation, and purify the skin. This massage is perfect for relieving both physical and mental tiredness and reducing stress levels.

Deep-tissue Massage

25 min | 50 €

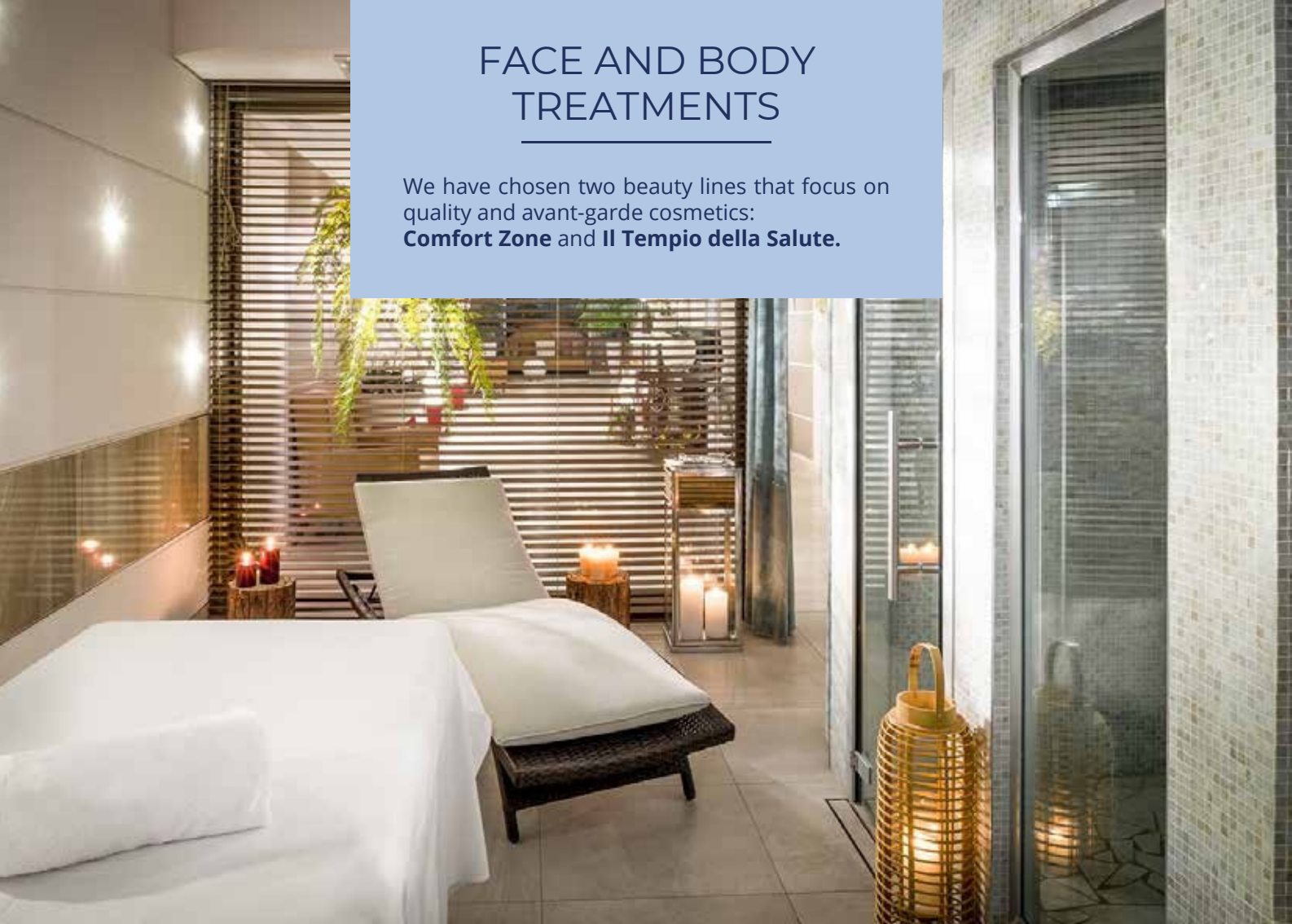
50 min | 85 €

The purpose of this intense massage is to alleviate any muscular pains that may arise due to strains or incorrect movements. By applying energetic pressures, the deep tissues and suffering muscles are stimulated to relax and dissolve any contractures that may afflict the body. This helps to bring the body back to its original state.



FACE AND BODY TREATMENTS

We have chosen two beauty lines that focus on quality and avant-garde cosmetics:
Comfort Zone and **Il Tempio della Salute**.





The prestigious line of wellness products dedicated to Salsomaggiore Terme owes its uniqueness to the ancient Fossil Water. This water is rich in salt, bromine, and iodine, which work together to create a series of functional treatments of the highest level.

These treatments guarantee the promised results by combining the purifying function of mud and the osmotic action of salt, along with the beneficial properties of thermal water. The ultimate aim of these treatments is to achieve the perfect balance of body and mind harmony. This concentration of life and unique experience is definitely worth trying.



Idra Treatment

50 min | 95 €

It is specially designed for individuals with sensitive, dehydrated, and reactive skin, providing balance to the skin and allowing it to defend itself against external aggressors by restoring the correct level of hydration and compensating for ionic imbalances.

Purific Treatment

50 min | 95 €

Treatment for oily and seborrheic skins, which need an absorbent action. It utilizes the beneficial properties of Fossil Water along with the absorbing power of the Original Mud. The treatment involves using a compress, followed by a mask, and then a serum. With the power of this treatment, the skin regains its regularity.

Supreme Treatment

50 min | 95 €

Supreme is a skincare treatment that is designed for mature and demanding skin types. It helps to reduce the visible signs of aging and provides a revitalization and defense effect. This treatment works by restructuring the skin tissue for better activation and protection. With its precious rebirth effect, Supreme can give you a clearer, more youthful-looking complexion.

[comfort zone]

conscious skin science

A cosmetic line that takes inspiration from nature and is committed to sustainable beauty.

These products feature highly concentrated, effective formulas based on natural active ingredients, and have undergone rigorous clinical testing with visible results.

We offer a range of professional treatments and home care products totally free of silicones, parabens, artificial dyes, mineral oils, and animal derivatives.



Active Pureness Treatment

25 min | 55 €

50 min | 95 €

This treatment rebalances, purifies, and regulates sebum production by reducing bacterial load. It is perfect for oily and impure skin, and is powered by gluconolactone and Versilia.

Hydramemory Treatment

25 min | 55 €

50 min | 95 €

This treatment will restore compactness, nourishment, and brightness to dry skin. Moringa oil together with the micro and macro particles of hyaluronic acid penetrates deeply giving a hydration boost to the skin.

Sublime Skin Treatment

25 min | 55 €

50 min | 95 €

The treatment is designed for mature skin with sagging and deep wrinkles. By stimulating the production of new collagen, we can combat signs of aging, resulting in brighter, more lifted skin with a fantastic relaxing effect.

Remedy Treatment

25 min | 55 €

50 min | 95 €

The Remedy line provides a gentle and protective treatment for sensitive skin with capillary fragility and redness that requires extra support.

SPA RITUALS



Thermal lissing

80 min | 125 €

The original ritual of the ancient traditions of thermal purification. The peeling performed with Thermal Salt combines the exfoliating, draining, detoxifying, and slimming action. The pleasant friction of saline roughness offers a thermal action that leads to the vasodilation of the microcirculation and the elimination of toxins. The Thermal water oil will hydrate your skin and make it supple. This osmotic body ritual gives you a new, smooth, and luminous skin, just like silk.

Liposolv treatment

80 min | 125 €

This treatment is highly effective in combating cellulite and body fluid retention. Warm mud is applied in a winding motion to stimulate lipolysis, inhibit lipogenesis, and reactivate blood microcirculation. Afterward, an energetic massage with enveloping maneuvers helps to deflate the body from excess toxins. This treatment reduces lipids, remodels the body, and facilitates drainage for detoxification.

Sleep Ritual

60 min | 110 €

This innovative ritual is recommended after 5 p.m. and acts on the three sensory pathways to induce intense relaxation, promote sleep, and recover from the effects of jet lag. The blend of essential oils [Tranquility], the exclusive sound, and the slow manual skills combined with the caress of soft brushes create a synergy that induces a state of balance and peace for the body and mind.

Salt Massage

60 min | 95 €

Experience an exclusive ritual treatment that effectively soothes pain and dissolves tension. Our unique blend of Himalayan salt is capable of detoxifying and providing a pleasant osmotic effect.

Hand Ritual

30 min | 60 €

A relaxing and indulgent hand care treatment, starting with a gentle cleanse, followed by exfoliation and deep hydration, leaving your skin smooth, soft, and radiant.

Foot Ritual

30 min | 60 €

Indulge in a relaxing hand care treatment that includes delicate cleansing, exfoliation, and deep hydration to leave your skin smooth, soft, and radiant.

*Curative pedicure for an additional 15€





Auro Salis Honey scrub

50 min | 100 €

Deep body cleansing treatment based on thermal salt, a very pure and precious salt leaves the skin remineralised, oxygenated and uniform; with final rehydration of the skin.

Business antistress treatment

50 min | 90 €

Revitalizing and regenerating treatment, aimed at the back and neck, thanks to the application of a thermal mud with anti-inflammatory properties and specific maneuvers that involve the entire back muscles. Excellent for relieving tension, remineralizing and regenerating.

Light Legs Treatment

50 min | 95 €

Treatment targeting the legs through the application of thermal mud and a draining massage results in a rejuvenating and mineralizing effect, providing a sensation of lightness. Excellent for alleviating fatigue and swelling in the legs.

Thermal mud treatment

25 min | 55 €

Thermal mud application localized or total body

MOMENTS FOR TWO



Private Spa

60 min | 150 €

Indulge in an exclusive spa session for you and your partner, with the aromatic steam bath and hydromassage station.

Note: Additional food and drink options available upon request.

Personalised Massage in Couple suite

25 min | 100 €

50 min | 170 €

BEAUTY IN SPA

Woman

Eyebrow wax	€ 10,00
Upper lip wax	€ 5,00
Armpit wax	€ 20,00
Arm wax	€ 25,00
Partial bikini wax	€ 20,00
Complete bikini wax	€ 25,00
Half-leg wax	€ 35,00
Complete leg wax	€ 45,00

Man

Chest wax	€ 30,00
Back wax	€ 40,00



BABY SPA

Our younger guests can now enjoy relaxing moments thanks to massages designed for their wellness.

Cuddle massage

25 min | 50 €

For sweet scents lovers, a relaxing massage with scented candles in vanilla or chocolate. This oil will leave your skin soft and fragrant.

With possibility of parent and child.

25 min | 100€

For couple

50 min | 160€

For couple



SPECIAL EVENTS



Spa Friends

40€ per person

- Welcome drink
- Spa Access for one and a half hour
- Gold kit with bathrobe, slippers, towel and cap

Note: package valid for a minimum of 5 people

Birthday special offer

Celebrate your birthday with us and get a 20% discount on all treatments listed (excluding basic beauty services, other offers, and packages).

All services subject to availability.

DAY SPA

Day SPA Relax & Gourmet

80 € per person

- Lunch (drinks not included).
- Spa Access for one and a half hour
- Gold kit with bathrobe, slippers, towel and cap

Day SPA with room

109€ per couple

- Room from 12:00 to 19:00.
- Spa Access for one and a half hour
- Gold kit with bathrobe, slippers, towel and cap

Nota: The **Day Spa** with a support **room** is available **from Sunday to Thursday**.

For info and reservations contact the reception at 0524 582311

Day aperi-SPA

50 €per person

60€ per person

Monday - Thursday

Weekend and holidays

- Aperitif
- Spa Access for one and a half hour
- Gold kit with bathrobe, slippers, towel and cap

Day SPA&Cantina

60 € per person

- Aperitif in our suggestive '700 cellar
- Spa Access for one and a half hour
- Gold kit with bathrobe, slippers, towel and cap

All services subject to availability.

PACCHETTI HOTEL

Coccolati nel lusso

- Overnight stay in Junior Suite.
- Rich Breakfast Buffet
- Spa Access for one and a half hour, one per night of stay
- Spa treatment in private suite: bottle of sparkling wine, private steambath and hydromassage
- 50' Relax or Antistress massage per person
- Gold kit with bathrobe, slippers, towel and cap

starting from

€195,00

per person - 1 night

Fuga romantica

- Overnight stay in Classic double room
- Rich Breakfast Buffet
- Spa Access for one and a half hour, one per night of stay
- 50' Relax or Antistress massage per person
- Gold kit with bathrobe, slippers, towel and cap

starting from

€160,00

per person - 1 night

ABBONAMENTI



Spa subscription

380€ per person

Personal subscription of 10 entry to the SPA area
+ 1 entry for free.

Only massage subscription

20% discount

Personal subscription for 6 massages.

Personal subscription for 10 massages or
treatments

2 treatments
for free

ORARIO E TARIFFE

Opening hours

Monday-Thursday

from 10.00 to 13.00
from 15.00 to 19.00

Friday-Saturday

from 9.30 to 20.00

Sunday

from 10.00 to 19.00

Wellness path

Access to the SPA path consisting of a circular station with thermal water, a salt water tub and a fresh water hydromassage tub, Kneipp path, Turkish bath, 50° biosauna, 90° Finnish sauna, emotional showers, ice waterfall, bucket shower (shower bucket), Himalayan salt room, relaxation area and herbal tea room, for a duration of 1 hour and 30 minutes.

Price list

Spa Access for **one and a half hour**

Monday-Thursday morning

Adults | 30 €
Kids 7-17 | 20 €

Monday-Thursday afternoon

Adults | 40 €

Weekend and holidays morning

Adults | 40 €
kids 7-16 | 30 €

Weekend and holidays afternoon

Adults | 50 €

Children 0-2 years old - Not allowed

Children 3-6 years old- allowed, for free

For children and teenagers 3-17 yers
check the conditions of access in the SPA Policy

SPA POLICY

Reservation

Reservation for treatments is mandatory in order to guarantee you the best service. To book, you must contact the Reception by calling 0524582325; or send an email to spa@grandhotelsalsomaggiore.com.

Hotel guests can call directly from the room by calling the no. 4514. We invite you to arrive 10 minutes before your appointment, to start the treatment in complete relaxation.

We regret to inform you that in case of delay the duration of the treatment may be shortened depending on the presence of subsequent treatments.

Cancellation

Cancellation of treatments is possible by 7.00 pm of the previous day by contacting the reception. For subsequent cancellations, or in case of no-show, the full amount of the treatment will be charged to the room.

Valuables

The management assumes no responsibility for the loss or damage of valuables within the entire SPA area. We advise you not to wear jewellery during the wellness path, because the water can oxidize them.

Children- Kids

Entry to children is permitted exclusively from 3 years old up to 16 years old, from 10:00 to 13:00. The only area allowed is the main pool and the presence of a parent is required. Noises, talking in a loud voice, running along the pool, diving, and introducing water games are prohibited.

State of good health

When booking a treatment at our SPA, please inform the receptionist about any physical conditions, allergies, or other factors that may affect your choice of treatment. We would also like to highlight the following conditions that are not suitable for treatment: acute pathologies, allergies to iodine, thyroid disorders, hypertension, dermatological lesions (such as sores or open wounds), cardiac disorders, recent heart attacks, heart disease, arterial hypertension, malignant neoplastic diseases, and chemotherapy treatments performed within the last six months.

For pregnant women, treatments are available starting from the fourth month of pregnancy. However, it is not recommended to use saunas, Turkish baths, or emotional showers that contain essential oils.

Your SPA shopping and gift voucher

Continue your SPA experience at home or give the gift of wellbeing to a loved one, purchasing professional SPA skin care products or gift voucher. Please contact the SPA reception for more information.





GRANDHOTELSALSOMAGGIORE.COM
Viale Dalla Rosa, 1 - 43039 Salsomaggiore Terme, PARMA (ITALY)
spa@grandhotelsalsomaggiore.com
Tel. 0524 582325