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# MEDICAL APPROACH

## Diagnostics
- Medical Consultation: €120
- Oxidative Stress Analysis: €300

## Cardiology
- Cardiological Consultation: €100
- Echo-Doppler Ultrasound: €150
- Venous Echo-Doppler Ultrasound: €200
- Electrocardiogram: €100
- Echocardiogram: €250

## Nutrition
- Nutritional Consultation: €80
- Food Intolerance Test: €350
- Metabolic Response Nutritional Analysis: €700

## The Leg School® lower extremity therapy
- Medicated Mud: 20 minutes/€65
- Medicated Bandaging: 15 minutes/€65
- Kneipp Hydro-Therapy: 15 minutes/€45
- Cold Stone Massage: 20 minutes/€75
- Press-Therapy: 25 minutes/€75

## Aesthetic Medicine
- Dermal Hyaluronic Acid Filler: €490
- Botulinum Toxin A “Vistabex”: €560
- Vitaminic Biostimulation: €355

## Posturology
- Posturologic/Physiotherapeutic Consultation: €80
- FREMS™ Lorenz Therapy: €120
- Hydro-Kinesiotherapy & Posture Balancing: €130
- TECAR Radiofrequency: €160
- Myofacial Therapy: €160
- Kinesiotherapy & Corrective Posture: 50 minutes/€160
- Biometric Posturologic Examination: €310

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“Beauty awakens the soul to act.” Dante Alighieri
Hi-Tech Body Contouring

»Sun Peel Body®
Our internationally patented, resurfacing body treatment enhances melanin production to ensure an even, golden tan. 50 minutes € 290

»Hydrofor®
Hydro-electrophoresis transports active ingredients through dermal tissues to firm, lift and contour both face and body zones. 40 minutes € 110

»LPG® Endermologie
A gentle, full-body aspiration of skin reduces water retention and drains toxins, while visibly toning and shaping stubborn adipose areas. 50 minutes € 275

»Velasmooth®
Cutting edge technology of bipolar Radiofrequency, vacuum aspiration and infrared, is the only non-invasive anti-cellulite apparatus approved by the FDA and guarantees immediate, visible results. One area is treated intensively per session. 50 minutes € 140

»Cellcontour
Using Acoustic Wave Therapy or Ultrasound, this device assists the body in the breaking down excess adipose accumulation to diminish cellulite formation. One area is treated intensively per session. 50 minutes € 240

High-Tech Facials

»Sun Peel Face®
Our exclusive, resurfacing facial patented by Prof. Canonaco, immediately rejuvenates dull complexions. Skin is perfectly prepared for sun-exposure, ensuring a natural, bronze suntan. 25 minutes € 150

»Biolux®
The bio-stimulation facial uses advanced monochromatic IR light producing biological stimulation or natural energy which activates cell renewal, collagen production and oxygenation of skin fibres. The technology visibly improves the skin’s appearance and texture resulting in a more lifted and contoured facial shape. Particularly indicated for the delicate eye and décolleté areas and includes the appropriate skin preparatory steps. Programs are personalized according to individual requirements. 50 minutes € 170

»Intraceuticals Oxygen Infusion®
Pure oxygen under hyperbaric pressure infuses a concentrated cocktail of hyaluronic acid, essential vitamins, botanicals and anti-oxidants deep into the skin’s epidermis. This technique diminishes fine lines, reinforcing the skin’s natural defence system and ensures an overall radiance. Absolutely safe for all skin types and concerns, but particularly indicated for hyper-sensitivity, dermatitis, eczema and psoriasis. Includes the appropriate skin preparatory steps. 75 minutes € 300

Variations:
- Rejuvenate Refines skin texture and restores moisture balance. 50 minutes € 275
- Opulence Focused on reducing and preventing hyper-pigmentation.
- Clarity Relieves inflammation in problematic, decongested skin.

For a more powerful treatment:
- Atoxelene Specifically indicated for treating frontal expression lines and nasolabial folds. Recommended as an add-on to further boost the power of Intraceuticals serums. 30 minutes € 90

- Vitamin Booster Add-On Vitamin C+3, collagen, anti-oxidants and Vitamin A in pure, molecular form are quickly absorbed and transported where metabolized on a cellular level and transported to vital cell functions. Recommended as an add-on to further boost the power of Intraceuticals serums. per vile € 110

“Happy girls are the prettiest.” Audrey Hepburn
NATURAL WELLNESS

Signature Collection “Capri Beauty Farm”

Capri Touch
Immediately energizes and uplifts with sweet fig milk and bergamot extract, the treatment combines an express facial to restore luminosity, hydrates and protects stressed skin and a tension-melting head, neck and shoulder massage.

50 minutes/€ 160

Capri Bliss
Let this magical island welcome you with its sensual perfumes of refreshing lemon, calming basil, anti-oxidant olive and soothing jasmine. First, a de-stressing neck, shoulder and back massage regenerates and lulls, a warm foot wrap comforts and our energizing express facial completes the sensorial experience.

75 minutes/€ 270

Capri Glow
Instant beach-glamour is guaranteed with our pre-sun treatment. This all-inclusive face and body combination includes a body exfoliation and a mild facial peel infused with purifying mint and rosemary to reveal supple, silky skin. A gentle application of lavender moisturizer perfectly prepares skin for safe, healthy sun-exposure from head to toe.

110 minutes/€ 310

Capri Forever
Honour and celebrate your loved in one of the most romantic and enchanting places in the world. This exclusive spa journey starts with a relaxing Swedish massage, follows with a personalized facial using our top cosmetic brands and completes with a manicure. This memorable evening continues with a gourmet dinner following the tasting menu “Capri Forever” in our award-winning, 2 Michelin-starred restaurant, L’Olivo (beverages excluded).
Carpe diem...you’re in Capri!

145 minutes/€ 900
(price per couple)

“The better you look, the more you see.” Bret Easton Ellis
Classic Facials

»Sarah Chapman Skinesis®
A unique treatment exclusively designed for Capri Beauty Farm by world renowned London-based facialist to the stars, Sarah Chapman, combines specialist techniques with concentrated cosmeceutical power potions to repair, lift, firm and improve skin health for a flawless complexion. The ultimate fusion of science and luxury in a high-performance facial with extraordinarily visible results.

- Signature Facial ........................................... 50 minutes/€ 170
- Signature Luxury Edition Facial .............................. 80 minutes/€ 280
- Signature Stem Cell Add-On .................................. per vire/€ 125

»Valmont
A cellular cosmetic expert since 1985, Valmont Switzerland is continuously innovating to preserve the beauty capital of the world by drawing from its unspoiled natural resources to formulate superb, sought-after anti-aging skin care.

Soin Hauts Sommets Lu Lifting
Intense chrono-cellular, Triple-DNA complex lifts, firms and contours defying the aging process.

- Express: is a short programme which demonstrates Valmont’s performances in limited time. 30 minutes € 110
- Complete: is an essential treatment featuring a powerful creamy facial mask for optimal efficiency. 55 minutes € 210
- Intense: is a true beauty ceremony beginning with a relaxing preliminary body massage to efficiently unwind facial features and includes a lifting collage veil which reveals the true magic of Valmont. 70 minutes € 270

»Aromatherapy Associates
Leading experts within the aromatherapy field for over 30 years, this proudly British brand’s award-winning natural blends are as effective as they are luxurious. Their experience has shown that essential oils play a vital part in enhancing the state of our physical, mental and emotional wellbeing. A complimentary hand massage is included in all facials to further enhance your experience.

Essential Rose Facial*
A wonderfully relaxing and soothing facial with pure, precious rosehip, red algae and frankincense extracts, comforts and protects sensitive, vulnerable skin at once. Also a real SOS treatment ideal after exposure to extreme climate conditions. .................. 60 minutes € 165

The Refinery Essential Men’s Facial
Camomile, aloe vera and brewer’s yeast extracts soothe, calm and defend ensuring this facial provides all the aspects of essential skin care. Perfect either pre- or post-shaving, skin is revitalized, toned and matt. .................. 60 minutes € 165

Deep Cleanse Facial
Draw out impurities, refresh and revitalize your complexion with the deep-cleansing action of lavender, ginger and natural clay. This facial foresees the traditional technique of skin steaming and extractions for a clear, matt skin texture. .................. 80 minutes € 220

*Specifically indicated for mothers-to-be.

“Life is not measured by the number of breaths you take, but by the moments that take your breath away.” Vicky Corona
Body Treatments

»Aromatherapy Associates
Leading experts within the aromatherapy field for over 30 years, this proudly British brand’s award-winning, natural blends are. As effective as they are luxurious. Their experience has shown that essential oils play a vital part in enhancing the state of our physical, mental and emotional wellbeing. A complimentary hand massage is included in all facials to further enhance your experience.

Rose Hydrator
This intensely hydrating body ritual includes a gentle exfoliation followed by a layering of moisturizing and regenerating creams and oils rich and damask rose, renowned for their renewing and moisturizing properties. The products are left to penetrate under a wrap while an Ayurvedic scalp massage works to lift and brighten yours spirits.

50 minutes
€ 160

Men’s Intense Nourishment
Experience the wonderfully conditioning and nourishing powers of rich babasu oil and murumuru butter and indulge your senses with the exotic scent of sweet jasmine, patchouli and tonka bean. Specifically intended for dry, parched, neglected skin, this popular treatment includes a body scrub followed by moisturizer.

75 minutes
€ 210

The Ultimate Aromatherapy Experience
This rescue remedy releases tension held in every part of the body, leaving you feeling deeply relaxed and recharged. Swedish and neuromuscular techniques relieve muscular tension, and lymphatic drainage helps encourage a healthy circulation. With expert advice from your therapist, you will choose a signature oil blend adapted to your emotional and physical needs.

80 minutes
€ 230

The Ultimate Rose Pregnancy Massage
Feel nurtured and supported in a time constant change. Aromatic, healing oils, each safely formulated to be used during Pregnancy and each with specific properties to nourish and care for your expanding skin, increase elasticity reducing the risk of stretch marks. A relaxing and rejuvenating scalp and facial massage will complement this top to toe treatment.

80 minutes
€ 230

»Thalassotherapeutic Salt Scrub
Marine salts enriched with essential oils sloughs away dry skin and encourages cell turnover for immediate soft and smooth skin.

50 minutes
€ 160

»Brown Sugar Scrub
This natural and gentle body exfoliation softens and hydrates for silky, glowing skin.

50 minutes
€ 160

»Algotherapy Wraps
A concentrated mix of enzymatic marine algae and mineral extracts stimulate the metabolism and reduce adiposity. Therapeutic options include detoxifying, slimming or toning wraps.

50 minutes
€ 120

“Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring.” Marilyn Monroe
Classic Massages

»Svedese
A traditional massage using long, fluid strokes of medium pressure focused on total body relaxation.

»Aromatherapeutic
A soothing, relaxing massage using light to medium pressure which includes hand blended essential oils and calming breathing techniques to equilibrate both body and soul.

»Draining
Specific draining techniques aids in reducing water retention, swelling and general fatigue. A cooling gel with camphor and mint instantly refreshes and energizes legs and feet.

»Anti-Cellulite
An effective, localized massage concentrating on firming and slimming problematic, stagnant adipose build-up on the hips, thighs and buttocks.

»Reflexology
The ancient Chinese alternative medicine is applied to the hands, head or feet and addresses certain health concerns is closely related to acupuncture.

»Sports
A vigorous massage using medium to firm pressure, friction and decontraction techniques which are recommended post-workout.

Specific Massages

»Ayurvedic
Based on the ancient principles of Indian alternative medicine, this massage helps eliminate toxins through purification, strengthens muscle tone, relaxes and rejuvenates both body and soul. A detailed pre-consultation is recommended to ensure a personalized treatment.

»Shiatsu
An antique, holistic Japanese technique combining acupressure, stretching, and Western methods, pressure is applied to particular focus points in order to maintain physical and mental wellbeing.

»Deep Tissue
Deep muscle therapy concentrates on relieving chronic muscle contractions known as trigger points and includes the use of hot towel compresses, therapeutic liniments and firm to strong pressure. This massage both extremely healing and relaxing.

»Manual Lymphatic Drainage
Following the proven technique of Dr. Vodder, lymphatic circulation is activated encouraging internal draining of congested connective tissue. Signs of edema is reduced, resulting in a sense of litheness. Specifically indicated for lymphatic disorders and immune pathologies.

»Hot Stone
Intensely soothing and healing, this massage is perfect for sore, stressed muscles, arthritis and fibromyalgia. Heat radiating from lava stones melts nervous tension and in combination with traditional massage techniques, makes it the best of both worlds.

»Physiotherapeutic
A corrective massage designed to assist in the rehabilitation of muscle movement with the aid of an intense pre-consultation and the presence of a qualified Physiotherapist.

»Custom Creation
Create your own, personalized massage by combining any technique and focal points to ensure an absolute bespoke treatment.

"Tension is who you think you should be, relaxation is who you are."Antico Proverbio Cinese
Hands & Feet
Spa Manicure .................................................. 45 minutes/€ 60
Spa Pedicure .................................................. 60 minutes/€ 90
French Polish Surcharge .................................. € 20
Tidy & Polish .................................................. 25 minutes/€ 45
Buff & Polish .................................................. 45 minutes/€ 70
Semi-Permanent Manicure ................................ 60 minutes/€ 85
Soak Off ....................................................... 25 minutes/€ 40
Men’s Pedicure ................................................ 40 minutes/€ 65

Coiffeur Hair Care by Shu Uemura
Wash & Blowdry .............................................. € 60/80
Cut & Blowdry ................................................ € 120
Full Colour & Finish ....................................... € 180
Full Color, Cut & Finish ................................... € 220
Root Colour & Finish ....................................... € 110
Root Color, Cut & Finish ................................... € 150
Partial Highlights & Finish ................................ € 190
Full-Head Highlights & Finish ......................... € 230
Toner/Glaze & Finish ....................................... € 130
Special Occasion Upstyle ................................... € 120
Personalized Hair Conditioning Treatment* ........ € 60
Scalp Treatment* ............................................ € 80
Men’s Cut ...................................................... € 70
Men’s Razor Cut .............................................. € 50
Men’s Beard Shave ........................................... € 40

*Excludes Blowdry

Make-Up°
Day/Evening/Special Events make-up and trials are available. Please inquire for full details.

Depilation°
Quality waxing services available. Please inquire for full details.

°Prices may vary according to personal treatment requirements.

FITNESS
Physical activity, in all its aspects, is an essential component in order to achieve and maintain a state of psycho-physical wellbeing. Amongst its various benefits, it increases the body’s energetic consumption and metabolic rate, ensuring gradual and constant weight loss.

· Aqua-Gym Group Session ........................................ 45 minutes/€ 40
· Power Plate Private Lesson ...................................... 25 minutes/€ 80
· Fit-Box Private Lesson ........................................... 25/50 minutes/€ 80/115
· Personal Training Session ....................................... 50 minutes/€ 115
· Postural Gymnastics ............................................. 50 minutes/€ 125

“A fit, healthy body is the best fashion statement” Jess C. Scott
DAY SPA PACKAGES

Packages Daily
The perfect choice for total relaxation and rejuvenation.

Coral
1 Body scrub (50 Min)
1 Sport Massage (50 Min)
1 Aromatherapy Associates Deep Cleanse Facial (80 Min) 3h € 450 (per person)

Turquoise
1 Leg School® Therapyle (60 Min) Includes medicated cold mud and bandages for legs
1 Draining Massage (50 Min) 2h 10 minutes € 280 (per person)

Quartz
1 Men’s Intense Nourishment (75 Min)
1 Refinery Men’s Facial (60 Min)
1 Men’s Manicure (25 Min) 2h 40 minutes € 430 (per person)

Marble
1 Swedish Massage (50 Min)
1 Sarah Chapman Signature Facial (50 Min) 1h 40 minutes € 280 (per person)

Aquamarine
1 Leg School® (60 Min) Includes medicated cold mud and bandages for legs + “Kneipp” vascular therapy.
1 Valmont Soin Facial (55 Min) 2h 20 minutes € 330 (per person)

Jade
1 Aromatherapy Massage (50 Min)
1 Intense Conditioning Hair Treatment (50 Min)
1 Spa Manicure 2h 40 minutes € 290 (per person)

Caprifornever
A special couple’s ritual designed to honour and celebrate your loved one.
- 2 Swedish Massages (50 Min)
- 1 Sarah Chapman Signature Facial (50 Min)/ 1 Men’s Refinery Facial (50 min)
- 1 Spa Manicure/ 1 Men’s Manicure (45 Min)
- 1 Spa Manicure/ 1 Manicure Uomo (45 Min)
- Gourmet dinner for two following the menu degustation “Capri Forever” in our award-winning, 2 Michelin-starred restaurant, L’Olivo. Beverages excluded. 2h 25 minutes € 900 (price per couple)

“Life isn’t about finding yourself. It’s about creating yourself.” George Bernard Shaw
To ensure you get the most from your spa experience, we kindly request that you take note of the following:

**Spa Opening Hours**  
Daily 09:00 - 21:00

**Spa Treatment Times**  
Daily 10:00 - 20:00

**Reservations & Arrival**  
Reservations can be made telephonically, electronically or personally at the spa reception. Our knowledgeable staff are always keen to offer guidance to ensure the correct treatment choice. We recommend that you check-in at least 15 minutes prior to your treatment starting time. You are welcome to arrive directly from your suite dressed in the robe and slippers provided, however all the facilities and amenities required will be provided in the spa changing facilities as well.

**Spa Facilities & Access**  
All Capri Palace hotel guests have access to the heated indoor pool, gym and steam cabin.

**Cancellation Policy**  
We request that appointments are cancelled at least 4 hours prior to their original starting time. Late cancellations will result in a 50% charge of total treatment value, while “no shows” will incur an automatic charge of 100% of the treatment cost. Late arrivals will shorten original treatment times.

**Valuables**  
We strongly urge that valuables are secured in the in-suite safe provided as we do not accept any responsibility for lost or misplaced items.

**Minor’s Policy**  
Minors between 12 and 16 years are welcome, but must be accompanied by an adult at all times.

**Spa Etiquette**  
Please note that the use of mobile phones, cameras and smoking are not permitted in an effort to keep our environment serene and private.

**Health Conditions & Pregnancy**  
We urge our guests to inform us in advance of any health conditions, special assistance, circumstances or requirements that you may need during your visit.

**Home Care & Gift Vouchers**  
Continue your spa experience at home or give the gift of wellbeing to a loved one, but purchasing professional spa skin care products or gift vouchers. Please contact the spa reception for more information.

**Payments**  
We accept all major credit cards. All prices are quoted in EUR, include VAT and are subject to change. Service charges are not included and at the client’s discretion.

**Helpful Hints**  
Enjoy a warm shower or a cup of tea beforehand in order to prepare both mind and body for your spa experience. During the treatment, feel free to communicate your preferences, expectations and concerns with your therapist to ensure total comfort during the session. Our highly skilled, international staff use the most effective draping techniques to ensure the private and discreet session. Please note all services are subject to availability.
EXCLUSIVE PARTNERS:

- Servizio ed IV A inclusi.
- Upgrade su disponibilità al momento del check-in.
- Quotazione in altre tipologie di camera su richiesta.
- I pacchetti spa sono soggetti alla disponibilità del centro benessere al momento della richiesta.

Per maggiori informazioni la invitiamo a contattare il nostro ufficio prenotazioni all'indirizzo reservations@capripalace.com o +390819780111.