CLINICAL APPROACH

Medical Services

» Medical Check-up and Consultation
Medical consultation to evaluate global health conditions and recommendation of individual wellness programs. € 120

» Blood Test
General blood examination. € 200

» Free Radical Test
This anti-aging test utilizes blood sample, in order to evaluate the body's oxidative stress status and antioxidant reserve. This test helps quantify the amount of free radicals and identify underlying causes and factors for many clinical disorders. It is useful to customize specific treatment programs. € 300

Nutrition

» Nutritional Consultation
An individual nutritional consultation to analyze nutritional habits and lifestyle in order to identify individual needs and goals for a healthier life. € 80

» Food Intolerance Test
A blood test analysis used to identify any food that might be toxic for your body causing adverse reactions, illness and stress. € 350

» Metabolic Response Nutritional Analysis
This exclusive program is accomplished through a set of clinical tests that allow a complete health state assessment. A pattern of diagnostic tests (measurement of basal metabolic rate, body composition, blood test, daily energy expenditure, food intake anamnesis) will be used for the formulation of a tailor-made nutritional program. € 700

Posturology

» Biometric Posturologic Examination
A specific complete analysis and evaluation to identify any incorrect posture, muscle imbalances and any postural problems. € 310

» FREMS™ Lorenz Therapy
Is an innovative, non pharmacologic system to treat vascular and neurological disorders. Involves the use of an electrical signal through small transcutaneous electrodes. Due to its fundamental characteristics, it can activate a functional “rehabilitation” mechanism to affected area. Some of the pathologies that can be treated are: muscle injuries and contusions, tendinitis, bursitis, acute and chronic backache, edema and lymphedema, venous stasis, peripheral vascular disease. € 120

» TECAR Therapy
Thanks to its ability to increase temperature in order to supply oxygen and nutrition to damaged tissues, it helps stimulate the circulatory and lymphatic system deep down. It can reactivate the natural repair processes by acting on the circulatory system. Therapeutic indications: muscular injuries, distortions, cervicalgia, bone and ligament trauma, tendon injuries, lumbalgia and ischialgia. € 160
Dermal Hyaluronic Acid Filler
This specific treatment with hyaluronic acid injection helps correct deep lines and restore in very harmonious way the volume in some specific face areas.

Botulinum Toxin A “Vistabex”
A specific anti-age treatment based on botulin toxin small injections to smooth out the wrinkles of the forehead and eye contour areas with a natural and relaxed effect.

Vitaminic Biostimulation
Anti-age facial mesotherapy that brings into the skin active ingredients to stimulate cells metabolism, increase elasticity, firmness and hydration.

Hydrofor®
This needle free treatment replaces the classical biostimulation and allows a direct and efficient penetration of anti-aging, firming and moisturizing ingredients into the skin.

Sun Peel Face®
An original patented formulation made by Prof. Canonaco with fruit acids that gently polish and remove all impurities from the skin of the face for a glow and smooth effect. Great to prepare the skin for the sun exposure and for a long lasting tan.

Seconde Peau
Ultra-concentrated Hyaluronic acid, result of over 10 years of studies and developed among hospital’s burn units, the Seconde Peau “Second Skin” treatment will give you a deep regenerating action, will stimulate cell’s renewing process and collagen synthesis. Wrinkles disappear immediately while deeper ones will be attenuated. Your skin will find a new radiance and consistency, the oval of your face completely redefined even in just one treatment.

Soin Restructurant Et Lissant
An immediate reconditioning and lifting treatment for thin, sensitive, reactive skins or skins marked by time. Your skin and décolleté is hydrated, smoothed and toned, simply beautiful even in just one treatment.

To enhance your treatment, choose one of the options:
- Anti-wrinkle, anti-age eye patch mask
- Revitalising, energizing, face contouring algae patch mask
- Moisturizing, anti-age, firming patch mask

SKIN EXPERTISE

Biologique Recherche (New)
World specialists in the Skin Instant exclusive methodology and tailor made treatments, using the highest quality botanical, marine and biological extracts and pure active ingredients.

Seconde Peau
50’ - € 350

Soin Restructurant Et Lissant
50/80’ € 170/240

Biologique Recherche (New) 50’ - € 350

50/80’ € 170/240

To enhance your treatment, choose one of the options:
- Anti-wrinkle, anti-age eye patch mask € 45
- Revitalising, energizing, face contouring algae patch mask € 45
- Moisturizing, anti-age, firming patch mask € 75
Sarah Chapman

**Skinesis® Signature Facial**

Exclusive high-performance facial treatment designed by Sarah Chapman, world renowned London-based facialist, for the Capri Beauty Farm & Spa, that combines a specially developed face massage technique with a unique skin care range cosmeceuticals and rich concentrated anti-aging serums, able to bring an immediate ageless and lifting effect at the glowing skin. Sublime fusion between science and luxury for extraordinary results.

» **Signature Stem Cell Add-On**

Valmont

» **Source of Bisses-Hydration Ritual**

This treatment is a deep-hydrating bath. Thanks to the high concentration of the triple DNA created and patented by Valmont, the skin is re-hydrated from the deep. The wrinkles are visibly and durably diminished. The skin is immediately back to the optimal conditions.

» **Peaks of Firmness Anti-Wrinkle and Firmness Ritual**

A specific anti-age treatment that gives a smoothing and redesigned effect to the face. Thanks to the active collagen leaf applicated on the skin, the wrinkles are refilled, the face is firm and the oval is redesigned.

Boost your treatment with

Eye Regenerating and Anti-Age Patch Mask.

» **Elixir des Glaciers Face and Body Exclusive Luxurious Treatment**

A unique and most luxurious face and body experience. This exclusive treatment is based on Valmont most precious Elixir des Glaciers skin care range, rich of rare and noble ingredients derived from the natural and pure resources of Switzerland, for a global and long lasting anti-aging results.

Exuviance

» **Age Reverse Bionic Intensive Facial Treatment**

This anti-aging treatment stimulates skin rejuvenation thanks to the combination of powerful active age reverse ingredients, developed by Neostrata (advanced dermatologist developed skin care brand) and to the monochromatic Infrared Light technology (IR) that boosts cell metabolism to produce new elastin and collagen. Your skin will appear lifted up, tightened, smooth and glowing.

Improve your treatment with

Intensive Eye Treatment Pads to firm and hydrate the eye area minimizing fine lines and wrinkles.
Intraceuticals Oxygen Infusion®
A non invasive pure oxygen infusion with a concentrated blend of hyaluronic acid, essential vitamins and antioxidants into the skin's epidermis, that diminishes fine lines, calms the skin, enhances hydration and ensures an overall radiance.

Choose the best for you:

» Rejuvenate
A combination of lightweight Hyaluronic Acid, Vitamins A, C, E, for an instant smooth-looking skin with reduced appearance of fine lines, wrinkles, balanced hydration and glowing effect. 50' - € 275

» Opulence
A powerful combination of Vitamins, Anti-oxidant and lightweight Hyaluronic Acid for younger looking, bright, radiant, luminous and fresh skin. 50' - € 275

» Clarity
Botanical ingredients that moisturize, sooth, calm, clarify, balance and refine oily and acne affected skin type. Reduces appearance of blemishes and irritation. 50' - € 275

» Atoxelene Add-On
Specifically indicated for treating frontal expression lines and nasolabial folds. Recommended as an add-on to boost the activity of Intraceuticals serums. 30' - € 90

» Vitamin Booster Add-On
Choose the most suitable for you, among: Vitamin C+3 concentrate, Antioxidant, Vitamin A, Collagen boosters to enhance your treatment. € 110 per vile

BODY TREATMENTS

Aestethic Medicine & High-Tech Solutions

» Cellcontour Awt®Storz
Is a modern and very effective therapy with shock waves (also known as acoustic waves) without pain, to stimulate areas of the body affected by cellulite or adipose accumulation to breakdown fat and firm connective tissues. Increases the permeability of the cell membrane, improves microcirculation by stimulating blood and lymphatic circulation by producing localised angiogenesis or skin hyperaemia. Restores the elasticity of the connective tissue, improving skin tone and eliminating the presence of imperfections associated with cellulite. Suitable for buttocks, hips, thighs, arms, abdomen. 50' - € 300
» **Velasmooth® Pro**
Powered by Syneron’s patented Elōs technology, VelaSmooth Pro® combines bi-polar Radiofrequency (RF), Infrared Light (IR) and Vacuum, for outstanding and cutting-edge body contouring, cellulite, circumference reduction and skin tightening treatment. The combination of these technologies promote an increase circulation, lymphatic drainage, cellular metabolism, fibroblast activity and cellulite smoothing. The result: an overall improvement in skin structure and texture, your body is reshaped.

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

» **Hydrofor®**
This needle free treatment replaces the classical biostimulation and allows a direct and efficient penetration of slimming and/or firming ingredients into the skin on a specific area.

» **Sun Peel Body®**
Exclusive [Capri Beauty Farm & Spa](#) patented treatment that polishes and prepares the body skin for the sun exposure and long lasting warm color tan.

**The Leg School® Treatment**
Exclusive and curative [Capri Beauty Farm & Spa](#) signature treatment, specially developed for the legs by MD F. Canonaco. The treatment consists of three essential steps:

**Medicated Mud**
Application of special medicated mud with a cold effect that helps remove water retention and promotes blood circulation.

**Medicated Bandages**
Application of special medicated bandages with cold effect to promote drainage and blood circulation.

**Kneipp Hydro-Therapy**
A special medicated hot/cold water path to stimulate blood circulation.

» **Cold Stone Massage**
To enhance the Leg School® Treatment this massage stimulates the blood circulation.  

» **Press-Therapy**
A mechanical massage to drain and promote blood circulation.

**Prices**

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» **Aromamassage**
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.


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


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


**MASSAGE THERAPY**


» **Thalassotherapeutic Scrub**
Marine salts enriched with essential oils slough away dry skin and encourage cell turnover for immediate soft and smooth skin.


» **Deep Tissue**
Deep muscle therapy concentrates on relieving chronic muscle contractions known as trigger points. It includes the use of hot towel compresses, therapeutic liniments and firm to strong pressure.


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


» **Swedish**
A traditional massage using long, fluid strokes of medium pressure focused on total body and muscle relaxation.


» **Mai Thai**
Based on the ancient principles of the Thai medicine, this massage stretches and strengthens the muscle tone, eliminates the tensions, relaxes and rejuvenates the body. Is based on the fundamental techniques of acupressure and palm pressure inch, hands, forearms, elbows, knees and feet. The purpose is to bring the body, mind and soul to a perfect balance.
» Draining
Specific draining techniques help reducing water retention, swelling and general fatigue. Instantly refreshes and energizes legs and feet.

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

» 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.

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

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

» Reflexology
Reflexology is an ancient Chinese massage based on the application of appropriate pressure to specific reflex points and areas on the feet that correspond to different body organs and systems. Pressing them has a beneficial effect on the organs and person’s general health.

» Back & Shoulders
A specific quick massage to dissolve muscle tension in the neck and back areas.

» Just The 2 Of Us
Enjoy an intimate moment with your partner while experiencing together a deep relaxing massage.

» Teen&Kids Massage Experience
Children and Young adults will gain energy and benefit from a much softer and slower massage.
**CLASSIC BEAUTY**

**Hands & Feet**
- **Spa Manicure** .................................................. 50’- € 60
- **Spa Pedicure** .................................................. 50’- € 90
- **French Polish Surcharge** ................................... € 25
- **Tidy & Polish** .................................................. 25’- € 50
- **Semi-Permanent Manicure** .............................. 50’- € 85
- **Semi-Permanent Pedicure** .............................. 75’- € 120
- **Semi-Permanent Color Application** .................. 25’- € 50
- **Soak Off** ...................................................... 25’- € 40

**Waxing**
- **Full Leg** ..................................................... 50’- € 80
- **Half Leg** ..................................................... 25’- € 60
- **Full Bikini** ................................................... 25’- € 60
- **Partial Bikini** ............................................... 25’- € 40
- **Back of Chest** .............................................. 25’- € 60
- **Arm or Underarm** .......................................... 15’- € 30
- **Upper lip/Eyebrow** ....................................... 10’- € 20

**Coiffeur** *Hair Care by Shu Uemura*
- **Shampoo & 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
- **Colour Revive Ceremony*** .............................. 30’- € 60
- **Master Length Ceremony*** .............................. 45’- € 80
- **Deep Purifying Ceremony*** .............................. 60’- € 100
- **Men’s Cut** .................................................... € 70
- **Men’s Razor Cut** ........................................... € 50
- **Men’s Beard Shave** ....................................... € 40

*Excludes Blowdry

**Make-Up and Bridal Services**
- **Day/Evening/Special Events** make-up and trials are available.
- Please inquire for full details.
- Prices may vary according to personal treatment requirements.

**FITNESS**

- **Personal Training Session** ............................. 50’- € 115
- **Bodyism® Private Session** ............................. 50’- € 160
- **Pilates Private Session** .................................. 50’- € 80
- **Aqua-Gym Group Session** .............................. 45’- € 40
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.

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50’ - € 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.

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75’ - € 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.

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110’ - € 310

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

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145’ - € 900 (price per couple)
DAY SPA PACKAGES
The perfect choice for total relaxation.

Coral
1 Brown Sugar Scrub (50’)
1 Swedish Massage (50’)
1 Signature Skinesis® Facial Treatment (50’)

€ 420 (per person)

Turquoise
1 Leg School Therapy® (50’)
1 Draining Massage (50’)

€ 280 (per person)

Aquamarine
1 Thalasso Body Scrub (30’)
1 Sea Body Wrap (50’)
1 Valmont Hydra Source Facial Treatment (50’)

€ 370 (per person)

Quartz
1 Hot Stone Ritual (80’)
1 Age Reverse Intensive Complex (50’)
1 Spa Manicure (50’)
1 Shampoo & Blowdry (50’)

€ 480 (per person)
GUIDELINES & INFORMATION

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 09:00 - 20:00

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

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

Cancellation Policy
We kindly ask you, in case you need to reschedule or cancel your treatment, to contact us at least 4 hours prior to the original starting time, in order to avoid a late cancellation charge of 100%. In case of No Show, the full price of the treatment will be charged. Late arrivals will shorten original treatment times.

Valuables
We strongly recommend that valuables are secured in your 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 recommend 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, 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 Euro, include Vat and are subject to change without prior notice.

Helpful Hints
Enjoy a warm shower or a cup of tea beforehand to prepare both mind and body for your Spa experience. During the treatment, feel free to communicate your preferences, expectations and concerns to your therapist to ensure total comfort during the session. Please note all services are subject to availability.