



FUOCO  
OUTDOOR SPA





In collaboration with



## TREATMENTS

### FACIAL

• 24kt Gold facial treatment	80€
• Donkey's Milk facial treatment	80€
• Pomegranate facial treatment	80€
• Needling facial treatment	120€

### BODY

• Anti cellulite treatment with Bee Venom	99€
• Algae treatment and Massage	80€
• Bandage treatment and Massage	80€

*All treatments last 50min.*

## MASSAGES

Single    Couple

• Relaxing massage	80€	150€
• 5 Senses massage	120€	240€
• Grape Must massage	120€	240€
• Stick massage	120€	240€
• Bamboo massage	120€	240€
• Shells massage	120€	240€
• Stone massage	120€	240€
• Roll Gloves massage	120€	240€

*All massages last 50min.*

*Couple massages with advance booking of at least 48 hours*

## FACIAL TREATMENTS

### 24kt Gold



A unique combination of an anti-wrinkle mask with gold leaf, provides the skin with an immediate glow effect. This mask contains a mixture of ingredients that improve skin elasticity, texture and tone and peptides, such as Hexapeptide8 - a unique peptide that helps reduce the depth of wrinkles and gives a relaxing and tensor effect of the face. The mask is enriched with moisturizing, natural ingredients, such as peach extract, red tea, coenzyme 10 and hyaluronic acid. The gold leaf is gently placed over the anti-wrinkle mask. The combination provides the skin immediate well-being, reduces redness and wrinkles and gives the skin a uniform and healthier complexion.

*Anti Aging, Anti Wrinkles, Moisturizing, Mask, Skin, Face*

## FACIAL TREATMENTS



## Donkey's Milk

The active ingredients of donkey's milk such as omega 6 (with a strong anti-aging power) but also many vitamins - A, B2, E and a high percentage of C - guarantee an extraordinary softening, moisturizing and regenerating action. The richness of mineral salts and trace elements, such as calcium and phosphorus, helps to strengthen the skin's natural defenses on the surface. For the face treatment with donkey's milk is used a formulation that contains these properties and that looks like a mask or prepared with a creamy and delicate texture. The appearance is clear, almost white and, thanks to the essential oils present inside, has a pleasant fragrance.

*Anti Aging, Anti Wrinkles, Moisturizing, Mask, Skin, Face*



## FACIAL TREATMENTS



### Pomegranate

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Designed to achieve intense hydration, thanks to pomegranate extracts, particularly rich in minerals and vitamins, with a high antioxidant power to help counter the premature aging caused by free radicals and the loss of skin tone making the skin younger, elastic and hydrated. After the first treatment you will appreciate a strong hydration and a more compact skin. With only 6 treatments you can see visible anti-aging effects with a more toned, firm skin and redefined oval.

*Anti Aging, Anti Wrinkles, Moisturizing, Mask, Skin, Face*

## FACIAL TREATMENTS



## Needling

Needling, also called skin microperforation, is a modern technique to counteract some skin imperfections through the induction of cell turnover. This replacement occurs thanks to microtrauma caused to the skin by some needles (that is why it is called microperforation). The treatment is performed through a device equipped with micro-needles, which perforate the skin, trigger the mechanisms of tissue repair, stimulating the production of collagen, hyaluronic acid and elastin by fibroblasts. The treatment improves the brightness and firmness of the skin, reduces skin spots, small wrinkles and acne scars and gives a remarkable aesthetic improvement of:

- peribuccal and periocular wrinkles
- scars post
- acneic
- damage from photoageing
- pigment disorders and sunspots

*Anti Age, Anti Wrinkles, Face*



## BODY TREATMENTS



### Anti-cellulite with Bee Venom

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The part of the body that is treated with this extraordinary active ingredient, is stimulated to produce collagen and elastin, a protein naturally present in the connective tissue that contributes with its qualities to restore to the skin a taut and elastic shape.

The treatment involves

- A body brushing with wooden brushes and natural bristle
- Bee venom application with wrapping
- Massage with special massage gloves.

## BODY TREATMENTS



### Algae and Massage

The algae treatment is highly draining and reducing. It exploits the action of the Laminaria alga, which carries out a real natural lymph drainage, the detoxifying Fucus algae and the remineralizing Red alga. indicated for water retention, cellulite, lymphatic stasis and edema. Treatment begins with the application of essential oils on the lymphatic ganglia. It follows the wrapping of the legs and abdomen with large algae leaves. It ends with a massage.

*Anti-cellulite, Drainage, Legs, Massage*

## BODY TREATMENTS

### Bandage and Massage

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Cold cellulite bandages are an effective remedy to counteract this imperfection, as they play an important role in lymphatic drainage, as well as firming and detoxifying. Treatment is carried out with the use of strips, generally of light stretch cotton or gauze. These strips are usually soaked with active ingredients, which are absorbed by the skin and consist of mixtures of essential oils such as mint, eucalyptus, birch, centella asiatica, geranium, birch. The bandages can also be made with mud and algae, which through sweating promote the release and discharge of toxins. The saline bandages in particular are indicated to combat cellulite because thanks to the elimination by osmosis of excess fluids, they counteract water retention. After 30 minutes of laying the draining massage is carried out.

*Anti-cellulite, Body, Legs, Massage*

# MASSAGES



## Relaxing

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The nature of the relaxing massage is aesthetic, it reduces the level of stress and has beneficial effects on the health.

There are two types of approach, occidental or holistic and both give a rebalancing and regenerating effect to the body. The massage focuses on the relaxing effect and it is always pleasant, effective and appreciated by those who choose it.

# MASSAGES



## 5 Senses

The massage with the candle stimulates all 5 senses and has a relaxing, moisturizing and relaxing. The candle massage is a modern massage technique, which satisfies the search for well-being, relaxation of the body and relaxation, through the sweetness and warmth, thanks to a manual and natural approach.

This type of massage is part of the holistic techniques used to relieve physical and psychological ills. The senses involved in this massage are all five.

*Wellness, Pain, Moisturizing, Massage, Relaxation*

# MASSAGES

## Grape Must



The body exfoliating massages with grape must are a real treat for the skin: just massage the mixture, diluted with a little water and supplemented with a few drops of essential oil of grapeseed to get the removal of all dead cells from the epidermis, due to a dull and dull complexion, this treatment will be useful to regain a healthy and natural complexion and especially the skin will be smooth and able to assimilate the subsequent products thus benefiting from the action of serums, masks and creams following.

Grape must is a rich source of polyphenols, especially if the version of black grapes is preferred over white, this means that it has a great anti-aging and antioxidant action that our skin will appreciate very much.

*Anti-aging, Wellness, Body, Massage, Skin, Relaxation, Toning*



## MASSAGES



## Stick

Designed to achieve intense hydration, to help counter the loss of skin tone and premature aging caused by free radicals.

This fragrant treatment is rich in minerals and vitamins contained in pomegranate and kiwi, with high antioxidant power, which make the skin more youthful, supple and hydrated.

*Anti-aging, Wellness, Body, Moisturizing, Massage, Skin, Toning*

# MASSAGES



## Bamboo

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According to the ancient Chinese, bamboo canes were able to circulate energy within them and could then be used to absorb excess energy and restore the energy balance of an individual's body. Today bamboo canes are also adopted in the West for massages that can release both muscles and mind from tension.

To dissolve the contractions, bamboo canes of different diameters are rolled and tapped on the body, thus stimulating the senses and the epidermis. This massage is, therefore, particularly suitable after sports activities and to combat cellulite as it stimulates the lymphatic flow, relaxing and giving a feeling of well-being.

*Anti-cellulite, Massage, Relaxation, Health, Toning*

## MASSAGES



## Shells

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All children love shells and once on the beach involve moms and dads in the search for shells of a thousand shades and different sizes. Not all women know that these "containers" of molluscs can also be allies of our beauty and well-being. How? Through a massage with a marine flavor.

There are three elements that must not be missing for a moment of total relaxation: the expert hands of a good beautician, some scented essential oils and... clearly shells of different shapes combined with pearl powder.

# MASSAGES

## Stone Massage

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The stone used in Hot Stone Therapy is smooth basalt, a lava stone capable of retaining heat for a very long time and releasing it gradually in contact with the skin; This characteristic is due to the porosity of the stone and its flat surface, these elements that allow the heat to uniform in every part and not to disperse.

The stones, of different shape and size, must be previously heated in a stone heater to about 60 years, and then are placed along the spine and placed in contact with areas particularly affected by pain and contractures. Then through draining dexterities are rubbed on the skin producing a feeling of smooth warmth.

# MASSAGES



## Gloves Roll

Roll Massage is a real professional treatment, ideal for achieving a massage with extraordinary results. It is not just a normal masseur but a cosmetic treatment enhancer. The product is made with 9 Magnetite balls that massage and stimulate the skin making it more active and ready to welcome the cosmetic treatment.

Used on the cervical area, for example, relaxes the muscles, on the belly tones and firms, on the thighs and buttocks makes the skin more compact and counteracts the fat zones.









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*An oasis between Portofino and Cinque Terre*



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★★★★★