



BERGAMIA

THALASSO SPA

SPA MENU

FROM THE SEA & FROM THE CITRUS FRUITS...
THE REBIRTH



CAPOVATICANO

RESORT THALASSO & SPA

WHY BERGAMIA

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The face by CARITA

Face for Men

The body by Bergamia

The body by Carita

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Bergamia Retreat

Onyricon Retreat

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THALASSO RITUALS DONNA CANFORA

Special Days Packages

Donna Canfora

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Wellness from the Sea

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Waxing

Semi-permanent polish



CAPOVATICANO **Bergamia Thalasso Spa** proposes you a unique experience. Your journey towards an authentic wellness is characterised by the **bergamot**, a specific local citrus fruit, that owns countless proprieties.

Give you the opportunity to be seduced by our **Thalasso Rituals - Donna Canfora** & our **Holistic Retreats - Sybil Manto**; inside these treatments nothing is left to chance and every single gesture becomes part of a path towards «your centre». Otherwise, you can opt for our marine detox treatments, which help you to find again a more toned and sinuous body; or the most recent anti-aging treatments, in order to remove the tiredness from your face and free it from the greyness of the Winter. It is up to you.

Please let's join this new Wellness Temple and you will recover your harmony and a new balance. In order to offer you the best treatments, we have chosen high quality rituals, proposed by the most recognised brands, famous for their experience and their benefits:

- Our new cosmetic line BERGAMIA;
- CARITA, that reveals women beauty and glory since 60 years.

Why BERGAMIA SPA

Once upon a time, where today arise the Resort & the Spa, in this immense green piece of land, there was a citrus grove.

The fragrance of lemons and oranges is part of the nature of this place; but among the various citrus fruits there is one more special and particularly linked to the territory: the Bergamot – Citrus Bergamia in Latin. This is the reason of the name of our Spa – Bergamia Thalasso Spa (Salus per Aquam in Latin).

The Bergamot is a typical product of Calabria; in fact, the 90% of its worldwide production comes from this land. What it is unexpected is the great number of benefits, which it offers, due to its infinite properties, which are first of all relaxing, antioxidant, balsamic. Discovering the others means to live a wonderful journey.

Therefore, let you bring by its aroma and abandon yourself in the embrace of its essence... you will never be able to live without it.

(Concept and text by Cinzia Galletto)

We kindly inform that the treatments duration is the actual time of the experience.



The Face by Bergamia

Revitalizing

Treatment for dull and tired skin 50' € 90.00

Targets: natural epidermis renewal, supporting cell turnover; it makes the skin radiant, firmer and invigorated, reducing wrinkles and fine lines and promotes natural hydration.

HydraPLUS

Treatment for sensitive and dehydrated skins 50' € 90.00

Targets: deep hydration of the skin, it relaxes the skin and activates the drainage of toxins, giving the face increased luminosity, diminishing wrinkles and fine lines.

Purifying

Combination and oily skins treatment 50' € 90.00

It helps: the natural renewal of the epidermis, supporting the cellular turnover; it makes the skin luminous, toned and more strengthened, diminishing the wrinkles and the frown lines; it supports the natural hydration.

Anti-Age

Intensive treatment for skin renewal 50' € 110.00

Targets: skin renewal, visibly diminishing the signs of aging. It supports effective hydration and nutrition of the skin with a lifting effect, restoring the skin barrier.

Breath of Freshness

Express radiance. Scrub, draining massage and quenching mask. 25' € 60.00

EnjoyRelax Face & Head Relaxing and Anti-stress Treatment

Plumping and antioxidant power. Specific anti-age massage with hyaluronic acid mask. 25' € 60.00

Face Treatments by Carita

Soin Mythique - Cotton Softness

Designed for sensitive skins, this treatment combines a gentle massage Idéal Pro-Lift and Rénovateur with products rich of soothing and restructuring ingredients. _____ 75' € 150.00

Soin Mythique - "Lagoon" renewal and moisturizing

This treatment illuminates the skin, leaving a healthy glow and eliminating those fine lines caused by dehydration. The skin will be fresh and moisturized. _____ 75' € 150.00

Soin Fermetè - Toning lift

This toning treatment for mature skins relaxes wrinkles and reshapes the oval of the face. Your skin will be more toned, relaxed, fresher and healthier. _____ 75' € 190.00

Supreme treatment - OR parfait shaping

Exceptional anti-aging treatment: the contours of your face are perfectly toned and illuminated by a new glow. Your skin finds the vitality of its youth due to the global antiaging light elixir "Or parfait". _____ 100' € 250.00

Face for Men

Purifying - Combination and oily skins treatment 50' € 90.00

It helps: the natural renewal of the epidermis, supporting the cellular turnover; it makes the skin luminous, toned and more strengthen, diminishing the wrinkles and the frown lines. It supports the natural hydration.

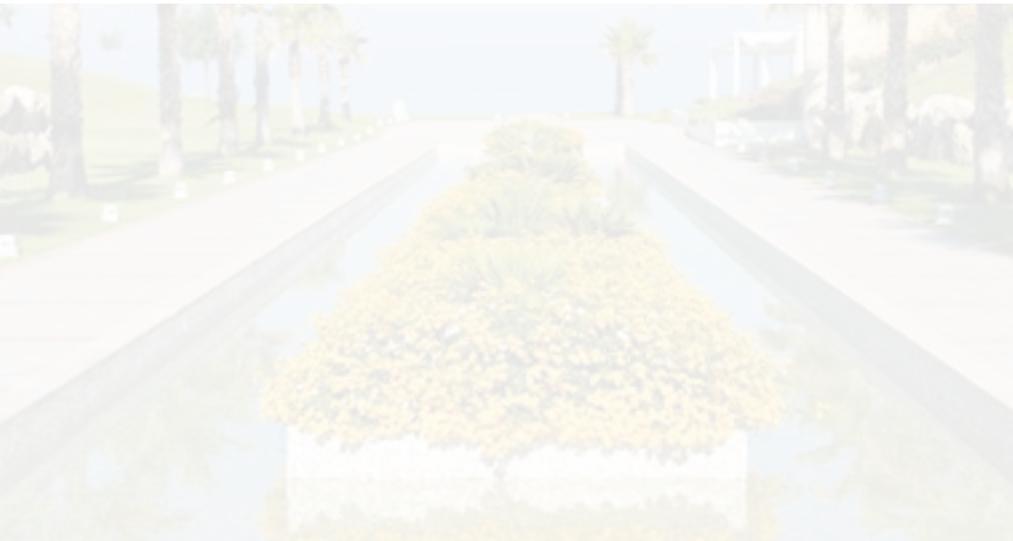
Anti-Age

Intensive treatment for skin renewal _____ 50' € 110.00

Targets: skin renewal, visibly diminishing the signs of aging. It supports effective hydration and nutrition of the skin with a lifting effect. It restores the skin barrier.

Back, face e Scalp massage _____ 50' € 90.00

An experience that offers a triple effect by acting on the three key areas of the body. On the back it reduces muscle tension, on the face it improves hydration and the elasticity of the skin, the scalp massage gives deep relaxation.





Body Treatments

SIGNATURE RITUALS

Bergamotto Signature Treatment Full body Wellness Experience _____ 75' € 150.00

Tone Face Massage with Q10 emulsion;
Body Massage with Macadamia oil and Vitamine E.

Target: rebalance, release muscles tension, nourish the skin. It maintains the skin hydrated and elastic.

BODY TREATMENTS BY BERGAMIA

SCRUB TONE _____ 50' € 95.00

Scrub peeling with apricot seeds to gently exfoliate dead skin cells Draining massage with vitamin E oil that acts on the lymphatic circulation stimulating and speeding up the removal of waste.

Targets: blood microcirculation, due to the highly concentrated functional substances which act synergistically to fight and prevent cellulite. It eliminates skin toxins.

PEAU DE SATIN BY CARITA _____ 50' € 130.00

Body treatment that gives a particularly silky, velvety and luminous skin.

Salt Drenax PLUS Legs - belly and buttocks _____ 50' € 95.00

Scrub peeling with basic enriched salt, suitable to gently get rid the dead skin cells. It stimulates blood circulation, helping the reabsorption of liquids. Application of salt pack (15 minutes) stimulates reactivation of micro-circulation and the re-absorption of subcutaneous liquids + Draining massage with vitamin E oil that acts on the lymphatic circulation stimulating and speeding up the removal of waste.

Walking on the clouds - Feet treatment _____ 45' € 75.00

Scrub peeling with apricot scrub, to get rid the dead skin cells.

Emollient wrap + Feet and Calf Massage.

Target: It assists the hydration and softens the treated area, the massage assists the general energetic balance of the body.



Olistic retreat sibilla Manto

Sibilla Manto's legend tales about a woman, who was a guide for the sailors, especially during the intense tempests of Scilla & Cariddi. It seems that even Ulysses asked her a prophecy, in order to know if he could be able to continue his journey.

Watching that same sea, today is possible to listen her voice and through her singing, we can find again lost parts of ourselves.



Harmony and equilibrium

Onyricon Ritual _____ 70' € 150.00

There is no Harmony and Equilibrium without a good restorative sleep. Sleeping is important at all ages, even if the cycles of sleep change. Losing precious hours of sleep compromises our physical strength, our immune defenses worsen and our concentration decreases.

To combat problems related to insomnia, jet lag, stress and anxiety, BERGAMIA offers an exclusive holistic treatment that deeply involves the senses, inducing a state of DEEP calm, well-being and psychophysical tranquility.

The ONYRICON treatment helps the mind to reorganize itself, creating new connections and selecting the most important stimulus received during the day.

To counteract insomnia helps also to keep the line, as a bad and reduced rest is sign of a malfunction of the body, as well as metabolism. It is also a beneficial treatment for the skin, because, encouraging to rest, it puts into effect the self-healing mechanisms, favoring cellular renewal.

CONTRAST...

INSOMNIA
TENSIONS
JET LAG

PREVENTS...

ANXIETY
STRESS
HYPERTENSION

Relaxation Massages

Decontracting back massage _____ 25' € 60.00

Classical massage method. It gives deep relaxation and reduces muscle tension.

Cranial massage _____ 25' € 60.00

Massage localized on shoulders, neck and head to stimulate blood circulation and generate deep relaxation.

Holistic massage _____ 50' € 90.00

_____ 75' € 150.00

Slow, deep massage: rest and relaxation for the entire body.

The therapeutic qualities of essential oils enhance the treatment's benefits.

Intensive Massage _____ 50' € 95.00

_____ 75' € 155.00

Powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern to alleviate common discomforts such as a stiff neck, painful lower back, tight shoulders

Hot stone massage _____ 75' € 150.00

An energy-based massage technique exploiting the benefits of hot stones, which are initially positioned on the energy points of the body, then moved along in a sequence of slow and deep movements.

Tibetan Sound Massage _____ 50' € 120.00

A special and enjoyable ritual that helps increase vitality, removing mental and physical tensions. It helps eliminate toxins stored in the body, reduces and relieves various types of joint and muscle pain, reduces anxiety and difficulty in sleeping.

Maternity Massage (from the 4th month of pregnancy) _____ 50' € 90.00

This gentle massage, specially designed for women who are expecting or breast-feeding, uses specialized massage techniques to improve circulation, relieve tension in the back and drain tired legs.

Maternity Face Nature Treatment _____ 50' € 90.00

Specific face treatment.

Special Day Packages

Sibilla Retreat and Serenity _____ € 240.00

- 1 Holistic Massage
- 1 Tibetan Sound Massage
- 1 Breath of Freshness 25'

Calabria's Dreams and scents _____ € 140.00

- 1 Energizing salt scrub 25'
- 1 Holistic Massage 50'



SPECIAL DAY PACKAGES

Donna Canfora Zen _____ al giorno € 90.00

- 1 Marine pathway
- 1 Tailored express relaxing massage 25'

Marine Vitality _____ al giorno € 110.00

- 2 individual thalasso treatment
- 1 Marine pathway

Well-being from the sea _____ al giorno € 120.00

Hydromassage with algae or sea salt, algotherapy, Marine pathway.

Thalasso Ritual - Donna Canfora

Another legend tales about Donna Canfora, who was kidnapped by the Saracens. In order to save herself from the dishonor, she preferred to be embraced forever by the waves.

Now, the sea wants to consecrate her sacrifice, changing its colour with miles shades of light-blue.

Let us be enveloped too by the sea benefits and its products: salts, seaweed and water to find again a new skin.

Donna Canfora Ritual
The sea: your beauty ally _____ 75' € 150.00

Body Scrub, Massage, Face Treatment



The Marine Experience

The peeling

EXFOLIATING MESSAGES

A sweet peeling of the whole body is particularly recommended at the beginning of the stay to prepare the skin and facilitate the penetration of active marine principles. It assures a glazed and healthy skin and a bright and uniform tan.

Energizing scrub _____ 25' € 70.00

Exfoliation with sea salts that restores energy and radiance to the skin. It nourishes and softens your skin.

Peeling under affusion _____ 25' € 70.00

Peeling based on salts; the skin is gently exfoliated and the whole body profits from the sedative effects of the heated sea water rain. Treatment aimed to relax and purify your body.

Detoxifying treatments

Seaweed wraps

Remineralising algotherapy _____ 25' € 60.00

_____ Flat rate for 3 sessions € 150.00

Application of laminaria seaweed to the entire body. Having an anti-inflammatory and analgesic effect, this treatment helps to eliminate toxins through perspiration and to recharge your body with trace elements and minerals.

Cryogenic wrap for tired legs _____ 25' € 60.00

_____ Flat rate for 3 sessions € 150.00

Especially designed for your legs, this wrap provides immediate relief from discomfort and fatigue by stimulating blood circulation

Detoxify seaweed treatment _____ 25' € 60.00

_____ Flat rate for 3 sessions € 150.00

Application of fucus seaweed, renowned for its richness in trace elements, it has a remarkable draining effect.

Moisturizing wrap _____ 25' € 60.00

_____ Flat rate for 3 sessions € 150.00

Under a heating blanket, application of a moisturizing wax with laminaria seaweeds rich in trace elements, karitè and beeswax to soften, moisturize and nourish skin.



In the heart of the Thalasso experience

Individual treatment in a pool of warm sea water that promotes absorption by osmosis of trace elements and mineral salts. The addition of laminaria algae jellyremineralizing completes the benefits of this treatment.

Vichy shower _____ 15' € 25.00

Lying face down, a fine mist of heated sea water is sprayed from a series of jets all over your body for a total appeasement of the senses. This iodine vichy shower has a relaxing and calming effect and is beneficial for the respiratory tract.

Vichy shower massage _____ 25' € 55.00

Multisensorial experience, a delightful massage which unites the benefits of sea water (transcutaneous absorption and inhalation of trace elements) with the relaxation of a manual massage.

Purifying seawater bath _____ 20' € 45.00

Massage in a tub of heated sea water. Relax in a bath of heated sea water while a hydrotherapist massages your body with a jet of water according to the treatment desired for circulation, muscle relaxation or anti-cellulite treatment.

**Hydromassage with zinc,
magnesium, vitamins salts** _____ 20' € 60.00

Jet shower _____ 15' € 25.00

Massage with a powerful jet of sea water which is regulated at a distance by the hydrotherapist. The temperature, the pressure and rhythm of the jet vary according to the desired effect. Ideal for toning and improving blood circulation.

Fit in the pool _____ 30' € 35.00

Soft training in heated sea-water swimming pool, to tone and refine your body. Ideal for a gentle resumption of physical activity.





Beauty Services

Beautiful feet	50'	€ 70.00
Beautiful hands	45'	€ 50.00
Application of nail polish	15'	€ 20.00
Semi-permanent feet polish	20'	€ +35.00
Semi-permanent hands polish	20'	€ +35.00
Semi-permanent Removal	20'	€ +25.00

Waxing

Upper lip		€ 15.00
Eyebrow shaping		€ 25.00
Under arms		€ 30.00
Arms		€ 40.00
Bikini	normal	€ 30.00
	total	€ 40.00
Half leg		€ 50.00
Full leg		€ 80.00

Man waxing

Chest/Back		€ 50.00
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Thalasso day Spa

The image shows a spacious, modern spa entrance. The floor is highly reflective, mirroring the ceiling, walls, and large glass windows. The walls are a mix of light-colored stone and white panels. Large windows on the right side offer a view of an outdoor area with a pool and lounge chairs. The overall atmosphere is clean, bright, and relaxing.

Thalasso & Well-being _____ 2,5h € 40.00

Thalasso Spa entrance include: heated sea water pool, under water music pool, Kneipp hydrotherapy pathways, sauna, turkish bath, emotional showers, relaxation room with infusion. Supplied bathrobe, towel and slippers.

HOW TO SPA

- Bergamia Thalasso Spa opening hours: Everyday 9.30 am - 8,00 pm, Monday from 2.00 pm - 8.00 pm.
- In Bergamia Thalasso Spa you can take advantage from: sauna, Turkish Bath, emotional showers, the relaxation lounge with refreshments and heated sea water swimming pool with different hydrojet.
- To guarantee the relax we limit the number of the Guests in the Spa in order to maintain a relaxing environment, maximum 25 Guests.
- Maximum 8 person in the PHLEBOLOGY POOL.

CHILDREN'S POLICY

- Children are not admitted in the Bergamia Thalasso Spa. Spa entrance and our selection of treatments are available to guests aged 18 years and over.

SCHEDULING AN APPOINTMENT

- To schedule an appointment for your spa experience, please contact our Spa reception dial directly on 450 from your room or calling 0963 66 53 53.
- Our Staff will be able to advise you on which treatment best meets your needs.
- We recommend booking in advance to guarantee your preferred time and service will be available.

ARRIVAL TIME

- Please allow sufficient time before your treatment to complete the Bergamia Thalasso Spa consultation.
- We recommend you arrive up to 45 minutes before your treatment, so you can get changed and enjoy relaxation time.
- Please be advised that late arrivals will result in a reduction of treatment time.

CANCELLATION POLICY

Cancellations may be done 4 hours before your reservation, if not so, we will charge 50% of the price of your treatment. The No Show will be charged 100%.

SPA ETIQUETTE

The Bergamia Thalasso Spa environment is one of relaxation and tranquillity. Please respect all spa Guests' right to privacy and serenity. In light of this, It is not allowed the mobile phone or smoke or drink alcohol.

WHAT TO BRING

The Bergamia Thalasso Spa provides luxurious towels, robes and slippers as well as any amenities required during your visit to the spa. Please bring your own swimwear for the swimming pool. Nudism is not allowed.

PERSONAL BELONGINGS AND VALUABLES

Lockers are provided for your belongings. Please remove all jewellery before visiting the Bergamia Thalasso Spa. We accept no responsibility for the loss of valuables and jewellery at any time on the premises.

LOST PROPERTY

All lost property items found on the premises should be handed in at the Bergamia Thalasso Spa reception. Items will be held for one month.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We offer specially designed treatments for women who are expecting or breast-feeding. Please speak to the Bergamia Thalasso Spa team who will help you to select which treatments are most suitable during this special time.

GIFT VOUCHERS

An ideal gift for someone special. Please contact the Bergamia Thalasso Spa reservations Team for details.

HOMECARE

To continue your Bergamia Thalasso Spa treatments and experience at home, all Bergamia and Carita products used in our treatments are available from the Thalasso Spa reception or to the Resort Boutique.

PRICES

All prices are quoted in euros and are subject to change at any time.



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THALASSO SPA



CAPOVATICANO

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