





FILOSOFY

THE SEASONS OF BEAUTY AND WELLNESS IN THE SPA

The seasons not only influence the life cycles of nature, they also have a direct effect on human life.

Every aspect is involved, from the senses, to the mind, to the cellular and metabolic reaction.

Mia Spa offers the best wellness and beauty services based on seasonality.

The wellness of a spa is not only linked to the winter period, but can bring benefits at any time of the year.

Mia Spa's seasonal proposals are functional all year round.

Customise your wellbeing with our therapists:





SPRING

Spring is a season of rebirth and renewal:

nature blossoms again and we can breathe new life into our bodies.

Preparing the skin to keep it healthy during the change of season is essential.

Healthy skin is first and foremost moisturised skin.



MIA SPRING TREATMENTS

Dew drops facial cleansing	60'	€ 100,00
<i>Facial skin cleansing to remove impurities and restore deep hydration</i>		
Dew drops face treatment	75'	€ 150,00
<i>Specific rehydrating treatment to prepare the skin for the first sun and for an anti-ageing effect.</i>		
Body cleaning cell regeneration scrub	40'	€ 80,00
<i>Cleansing of the body skin to remove impurities and restore deep hydration</i>		
Intensive rehydrating body wrapping	30'	€ 60,00
<i>Intensive moisturising body wrap to prepare the skin for the first sun</i>		



PRIVATE SPA FOR THE COUPLE

DEW

Cell regenerating spa treatment, body scrub	30'
MIA harmony relax massage	50'
Private spa with fresh fruit and herbal infusion	40'
FINAL AMOUNT	120'
	€340,00/couple



SUMMER

To help your skin get through the summer season in the right way and expose it to the sun, it is essential to get ahead of the game and start with an adequate cleansing, moisturising and protection programme for your face and body.



MIA SUMMER TREATMENTS

Morning light face cleansing 60' € 100,00
Pulizia della pelle del viso per rimuovere le impurità, illuminare ed ossigenare.

MIA morning light face treatment 75' € 150,00
Specific illuminating and oxygenating treatment to improve skin tone and tan

Mia body cleansing cellular protection scrub 40' € 80,00
Skin and body cleansing to remove impurities and brighten for a better tan

Mia intensive cellular protection body wrapping 30' € 60,00
Beneficial oxygenating body wrap to prevent sun damage



PRIVATE SPA FOR THE COUPLE

MORNING LIGHT

MIA protection relax massage 50'
Private spa with fresh fruit and herbal infusion 70'

FINAL AMOUNT 120' € 220,00/ couple



AUTUMN

Autumn is the most critical season for the skin: the stress of returning home, increased pollution and the consequences of too much exposure to the sun during the summer months all affect the skin.

The continuous changes in temperature and humidity put its natural defences to the test.

In order to face autumn, the recommended treatments are rebalancing, relaxing and anti-pollution.



MIA AUTUMN TREATMENT

Autumn breeze face cleansing <i>Facial skin cleansing for removal of impurities and cell rebalancing</i>	60'	€ 100,00
Autumn Breeze facial treatment <i>Specific rebalancing treatment to remove external aggression and smog damage from the skin</i>	75'	€ 150,00
Cellular rebalancing body cleansing <i>Cleansing of the body skin to remove impurities and restore a deep balance</i>	40'	€ 80,00
Cellular rebalancing body wrap <i>Beneficial balancing body wrap to remove the damage of external aggression from the skin</i>	30'	€ 60,00



PRIVATE SPA FOR THE COUPLE

DESTRESS

<i>Exfoliating spa destress treatment</i>	30'	
<i>MIA relaxing destress massage</i>	50'	
<i>Destress Private spa with fresh fruit and herbal infusion</i>	40'	
FINAL AMOUNT	120'	€340,00/ couple



WINTER

When it is cold, the skin slows down its physiological cell regeneration activity, it reduces fat production and gets dry and parched.

This happens because our body, in order to defend itself against low temperatures, reduces the thickness of the blood vessels so as not to lose heat to the outside.



MIA WINTER TREATMENT

Snow crystal facial cleansing <i>Nourishing, cell-protective facial skin cleansing</i>	60'	€ 100,00
Snow crystal face treatment <i>Specific nourishing, cell-protective facial care</i>	75'	€ 150,00
Snow crystal body cleansing <i>Cleansing of body skin with nourishing, cell-protective action</i>	40'	€ 80,00
Snow crystal wrap <i>nourishing, cell-protective action</i>	30'	€ 60,00
<i>Beneficial nourishing body wrap to protect skin from winter aggressions</i>		



PRIVATE SPA FOR THE COUPLE

ENERGY

<i>Energizing cellular spa exfoliating treatment</i>	30'
<i>MIA energy massage</i>	50'
<i>Energy Private spa with fresh fruit and herbal infusion</i>	40'

FINAL AMOUNT

120' € 340,00/ couple





MASSAGE

RELAX (localised)	30'	€ 50,00
RELAX (full body)	50'	€85,00
ENERGY	50'	€ 85,00
SPORT	50'	€ 85,0
DRAINING	50'	€85,00
STONE MASSAGE	60'	€ 110,00
TAILOR MADE	50'	€85,00
TAILOR MADE	60'	€ 95,00

COUPLE MASSAGE

RELAX:

Relax area with fresh fruit and herbal tea following a relax massage (50min treatment)

€ 190,00/ couple

SWEET CUDDLES:

Relax area with glass of wine, pastry and fresh fruit following a relax massage (50min treatment)

€ 210,00/ couple

SUMMER:

Panoramic pool (1 hour)with glass of wine, pastry and fresh fruit following a relax massage (50min treatment)

€ 250,00/ couple



ESTETICS

Manicure	40'	€ 40,00
Pedicure	50'	€ 60,00
Nail polih	20'	€ 10,00
Leg wax	50'	€ 50,00
Half leg wax	30'	€ 25,00
Arm wax	30'	€ 18,00
Partial groin wax	30'	€ 15,00
Complete groin wax	30'	€ 20,00
Armpit wax	10'	€ 15,00
Back/ chest wax	30'	€ 35,00
Brows	10'	€ 10,00
Lip wax	10'	€ 10,00

REGULATION

WELCOME

We are pleased to welcome you. Our wellness centre is an oasis of peace and tranquillity, so we would ask you to help us keep the atmosphere calm by speaking softly and silencing your phone. We would like to remind you that access to the wellness area is prohibited for children under 16 years of age.

APPOINTMENT

Treatments are subject to availability, so we recommend that you make an appointment before your arrival. Appointments for under 18s must be arranged with a parent or guardian, who must also accompany them.

CANCELLATION

If necessary, please cancel your treatment or change your appointment at least four hours in advance. If you cancel with less notice or in case of no notice, 100% of the amount will be charged.

ARRIVAL

Please arrive a few minutes before the agreed time. In your room you will find at your disposal bathrobe, towel and slippers: please get changed in your room before reaching the wellness area. In case of delay, we may only carry out the treatment for the remaining time of the appointment. In this case, the full amount of the treatment will be charged.

STATE OF GOOD HEALTH

For your comfort and safety, we ask you to inform us of any special health conditions (such as injury, illness or allergies) when you make your reservation, as some treatments may not be recommended. As a precaution, please also inform the therapist of these conditions before starting any treatment.

PRECAUTIONS

We recommend eating and drinking in moderation, as well as avoiding alcoholic beverages before a treatment or exercise session. If you need to shave (especially in a facial treatment for men) it is advisable to do so at least two hours before the session. Before a body scrub treatment, please do not shave your legs. Sunburn may limit the effectiveness of the spa treatments, so we recommend caution and the proper use of sunscreen.

JEWELLERY AND VALUABLES

It is best not to wear jewellery. We therefore recommend removing necklaces and bracelets and storing any valuables.