

The Spa at Monteverdi  
**Essence of Winter Menu**

December 8<sup>th</sup> 2019 – January 6<sup>th</sup> 2020

SCENT OF THE FOREST

A massage incorporating the aromas of the winter season. Find yourself enveloped in the scents of the holidays, as you and your therapist carefully select the perfect essential oil for your treatment. Relax while skillful hands work to warm the muscles and nourish the skin. These enchanting perfumes will transport your mind and body into the magic of the season.

50' / 75' , €135 / €170

MONTEVERDI PINDA MASSAGE

An emotional and regenerative massage, performed using special healing pillows that are warmed and filled with a mix of rice and winter herbs and essential oils. An enchanting combination of soothing movements and pressures creates a perfect synergy of warmth and perfume, completely relaxing the mind and body.

75' , €180

MILK AND HONEY RITUAL

A warming beauty ritual performed with noble ingredients and nutrients. This ritual is born from the treatments that the Ancient Romans once used to heal the body and nourish and repair the skin. The ritual begins with the application of a special soap infused with milk, a prestigious ancient recipe, to gently purify the skin with the help of a raw cotton glove. Next, the body is doused in a waterfall of warm honey, massaged lightly to soften the skin to perfection. Then, a pose in the *Calidarium* (steam bath) will allow you to bask in the perfume and sweetness of the honey. The treatment finishes with an application of warm almond oil, to deeply nourish and protect the skin against the winter weather.

75' , €210

WINTER CITRUS RITUAL

A special ritual steeped in the natural fragrance of citrus. This treatment begins with warm ablutions infused with orange flower, to prepare the skin to absorb all the vitamins of the citrus fruits. Next, the fresh juice of local orange is squeezed onto the skin, followed by orange-infused oil, and sugar, all combined into a luxurious exfoliating scrub that will purify the body. Meanwhile, a cleansing clay face mask will give the skin a new life. After enjoying a pose in the *Calidarium* (steam bath) the treatment will finish with a full body massage performed with orange-infused oil and vitamin-enriched cream.

105' , €260