



**Health & Beauty Centre**

## SPA & WELLNESS

Our Beauty Centre is the perfect oasis to rest, recharge, and revitalise your senses. Close to the stone indoor pool and featuring two massage rooms – a single and a double – as well as a caldarium, here you'll find a range of treatments featuring organic premium products from the Officina Profumo Farmaceutica di Santa Maria Novella (one of the oldest apothecaries in the world), alongside ingredients from La Posta Vecchia's very own verdant gardens, for a "farm to spa" approach to wellness.



**SANTA MARIA NOVELLA  
TREATMENTS**



Founded by Dominican friars in 1221, the Florentine Officina Profumo-Farmaceutica di Santa Maria Novella is one of the oldest pharmacies in the world.

Today, it is one of the most sought-after skincare brands there is, thanks to its line of award-winning, botanically inspired cosmetics, fragrances and face and body creams.

## **BODY TREATMENTS**

### **POTPOURRI RITUAL**

75 minutes

A treatment designed to gently exfoliate the skin. The dermo protective oil with its elasticising action, mixed with a blend of herbs flavoured with mint and sage, offers a delicately intense scrub. The treatment ends with a moisturizing massage with potpourri cream that recalls the scents of the territory.

### **ROSE & LAVENDER RITUAL**

50 minutes

A delicate exfoliation gently cleans the skin, the Centifolia Rose Extract decongest and tone it. The treatment will hydrate and protect the skin, producing an intense sense of wellbeing.

### **BLOSSOM ORANGE ANTIOXIDANT BODY RITUAL**

50 minutes

A treatment conceived to exfoliate and regenerate the skin. Santa Maria Novella's Orange Blossom Water is made by steam distillation of orange blossoms and combines antioxidant qualities with refreshing properties.

## **FACIAL TREATMENTS**

### **NUTRIENT FACE RITUAL**

50 minutes

A nourishing treatment for skin that needs a light reconditioning. Hyaluronic acid stimulates natural cellular activities, while a mix of vegetable oils gives new elasticity and freshness to the epidermis. A mask and a lymphatic drainage massage conclude the experience, for a visibly younger, revitalized and smoother complexion.

### **AQUA FACE RITUAL**

50 minutes

This highly moisturising facial uses fresh and natural ingredients such as Rose Floral Water and Damask Rose to help restore elasticity and softness, while a stimulating massage re- oxygenates the skin tissues, making them more compact

### **DELICATE FACE RITUAL**

50 minutes

Ideal for sensitive types, this facial starts with a gentle exfoliation to cleanse and detoxify the skin, followed by Rose Floral Water to decongest and tone it. A draining massage and a balancing mask finish the ritual, to instil a feeling of deep well-being and relief.



**SPA MASSAGES**

## **TAILOR MADE BODY MASSAGE**

50 minutes

A bespoke massage just for you, to relax and rejuvenate the mind and body. A personal consultation precedes the session, to identify the specific needs of your body together with our therapists.

## **TAILOR MADE FACIAL MASSAGE**

50 minutes

A bespoke facial massage that includes head, face, neck, and cleavage.

## **FOOT REFLEXOLOGY**

50 minutes

This plantar treatment based on ayurvedic and Thai techniques acts on specific points of the foot that reflects certain areas of the body, to restore balance and relax one's mind.



## **AYURVEDIC MASSAGE**

50 minutes

Sarvanga Abhyanga: a total body massage with a typical and warm vegetal oil gradually poured from head to toe.

## **CANDLE MASSAGE**

50 minutes

In this deeply relaxing, nourishing ritual, a massage candle made of pure plant oils and prime emollient butters is lit as a normal candle, and slowly starts to melt over the skin at body temperature. A pleasant sensation of warmth spreads all over the body, freeing it from stress, and giving it the wellbeing it deserves.

## **OLIVE OIL MASSAGE**

50 minutes

This is the perfect combination of traditional massage techniques with natural ingredients from the Mediterranean. Fine olive oil has intrinsically powerful qualities, nourishing and rich in antioxidants it enhances your skin's suppleness. The massage will pamper the body and leaves the skin restored.



**BEAUTY**

## **MANICURE LUXURY RITUAL**

50 minutes

A full manicure featuring a curated selection of moisturising products to cleanse, exfoliate, treat and nourish the skin, making your hands visibly softer, completed by applying classic nail polish.

## **PEDICURE LUXURY RITUAL**

50 minutes

A complete pedicure that uses moisturising ingredients to cleanse, exfoliate, treat and nourish the skin, leaving your feet smoother, completed by applying classic nail polish.

## **EPILATION**

Total  
Partial



**SPA ETIQUETTE**

## ETIQUETTE

To ensure the tranquillity and serenity of our guests, the LPV Health & Beauty Centre requires that you do not use cell phones within the spa areas, and that you maintain a moderate tone of voice. Children under the age of 16 are not allowed to use the services unless accompanied by an adult. We inform you that the caldarium is a unisex environment. We invite you to leave valuables in the safe of your room; in case of loss, the spa assumes no responsibility.

## DRESS CODE

Guests can arrive from the room already in a bathrobe or prepare for the treatment directly in the cabin.

## PUNCTUALITY

We suggest arriving 10 minutes before your scheduled appointment, to ensure you can relax ahead of the treatment, and start on time. Any delay will shorten the treatment time and will not allow you to enjoy the full experience.

## CANCELLATIONS

In case of cancellation within 12 hours prior to the appointment, a charge of 50% of the cost of the treatment will be issued. For cancellations made within the previous 2 hours, the full amount will be charged.

## HEALTH AND PREGNANCY

At the time of booking, guests are asked to fill in an “information sheet” on their health. We remind you that some treatments or massages, as well as the use of the caldarium, are not recommended during the first 12 weeks of pregnancy or in case of particular health conditions.

## **HOURS**

The LPV Health & Beauty Centre is open  
every day from 11am to 7pm.

## **RESERVATIONS**

The LPV Health & Beauty Centre staff are happy to guide our guests in choosing the treatment that best suits their needs. We recommend that you book your spa experience in advance, to secure your preferred time. All treatments are subject to availability.

Reservations can be made by sending  
an e-mail to: [beautyclub@lapostavecchia.com](mailto:beautyclub@lapostavecchia.com)  
or by calling +39 069959501.

If you are a guest of our hotel, just enter extension n. 535  
from your room phone.

