

Acquaforte Thalasso & Spa



Thalasso Detox treatment

Especially for people who want to detox their body and for profound relaxation, rebalancing the body and mind in the best way possible.

A daily dip in the six thalassotherapy pools purifies and lightens the body, freeing it from toxins, water retention and stress that makes muscles – and thoughts – less flexible.

Complementing the effectiveness of the thalassotherapy course is a series of detox treatments and massages, also performed in water with a high saline density. The yoga sessions and the advice of a nutritionist instil the peace of mind and awareness necessary to keep up the beneficial results that have been achieved.

Treatment particularly suitable for chronic fatigue, sleep issues, digestion problems, anxiety and depression, muscle and joint pain, headaches, water retention.

Price on request.

Anti-Aging Treatment

Especially for women and men who want to maintain or regain the splendour of youth, working on the whole body, with special emphasis on the face

A daily dip in the six thalassotherapy pools promotes deep relaxation of the body, cleaning the body of toxins and an extraordinary cell turnover effect, the real anti-age “attack weapon” against the aging processes.

Complementing the effectiveness of the anti-aging thalassotherapy course are a series of treatments that stimulate the microcirculation in the legs, tone the muscles and purify the skin, erasing the signs of aging.

The anti-aging treatment is also indicated after pregnancy to recover tone and rebalance weight.

Treatment particularly suitable for:

- Tissue Regeneration
- Prevention of Physical and Connective Disorders
- Prevention of Premature Aging
- Resolving Menopause Issues
- Decreased Libido
- Dry Mucous Membranes
- Mood Swings
- Insomnia
- Skin Complaints

Price On Request

Stay Healthy Treatment

A regenerating treatment for people who want to get back in perfect shape, regaining muscle tone, energy and get-up-and-go.

A daily dip in the six thalassotherapy pools speeds up the exchanges between the body and of sea water minerals, helping eliminate excess fluid and toxins.

Complementing the effectiveness of route thalassotherapy course is a series of detox massages, performed in high saline density water, and then a treatment to stimulate vasoconstriction in the legs, as well as personalised training sessions at the Performance Center {link to [http: // www.fortevillageresort.com/it/thalasso-spa/performance-center-palestra/](http://www.fortevillageresort.com/it/thalasso-spa/performance-center-palestra/)}:

Treatment particularly suitable for:

- Muscle Disorders (Joint Pain, Back Pain, Neck Pain)
- Monitoring the Cardiovascular System
- Strengthening the Immune System
- Reducing Risk of Diabetes
- Improving Aesthetic Appearance
- Increasing Self-Esteem
- Achieving Sporting Goals

Price On Request

Weight Loss Treatment

Especially for people who want to lose weight, rediscovering their former lightness and ease in just a few days.

A daily dip in the six thalassotherapy pools deeply purifies the body, eliminating the excess fluids and toxins that slow down your metabolism and encourage the storage of fat.

Complementing the effectiveness of the thalassotherapy course is a series of draining massages in high saline density water, as well as the daily application of sea mud, the heavenly legs circuit to stimulate microcirculation, not to mention yoga lessons and personal trainer sessions.

This weight loss treatment is also indicated after pregnancy to recover tone and rebalance weight.

Treatment particularly suitable for:

- Starting Slimming
- Obesity
- People who are Overweight with Circulatory and Cardiac Problems
- People who are Overweight with Bone Pain
- Diabetes and Carohydrate Intolerance
- Hypertension

Price On Request