



CAPOVATICANO
RESORT THALASSO SPA

HOURS OF OPERATION

We're at your disposal daily
from 9.30 am to 8.00 pm.

CAPOVATICANO
RESORT THALASSO SPA

Nature is our finest partner in achieving true well-being.
We've selected active ingredients and natural
aromas from the best local fruits to offer you an authentic
regenerative experience.





INDICE

CAPOVATICANO EXPERIENCES

RITUALS

RELAX & MASSAGES

FACIAL NATURA BISSÉ / THALGO

THALASSO BODY TREATMENTS

THALASSO PROGRAMS

REMISE EN FORME THALASSO PACKAGES

WELLNESS PATH

DAY SPA EXPERIENCE

KIDS SPA

BEAUTY SERVICE

SPA ETIQUETTE

SPA BOUTIQUE



CAPOVATICANO EXPERIENCES



PRE-SUN BEAUTY FACIAL

€ 130

1 Cleansing Facial

30'

1 Thalgo hydra-fortifying treatment

50'

AFTER-SUN BEAUTY FACIAL

€ 125

1 Oxygen facial

50'

1 Mask with soothing boost

20'

THALASSO BODY

€ 180

1 Crystal salt scrub with 20-minute massage

50'

1 Seaweed wrap

40'

AROMAS & PERFUMES

€ 330

1 Salt crystal scrub

30'

1 Calabrian aromatic ritual

80'

1 The Citrus Essence C+C Vitamin treatment

50'

RELAX

€ 280

1 Crystal salt scrub

30'

1 Relaxing massage

50'

1 Foot massage

30'

RITUALS



CALABRIAN AROMATIC RITUAL A treatment inspired by the properties of Calabria's natural elements, the intense wellness experience combines lemon, bergamot, rosemary oil, and sea salt. It begins with a foot bath and foot massage, followed by an aromatic body massage that uses enveloping and harmonious techniques.

Capovaticano beauty tips: **80' € 180**
*Try it with the Citrus Essence C+C
Vitamin treatment in the Aromas
& Fragrances package.*

MEDITERRANEAN ESSENCE A true face-body beauty and relaxation session, the treatment begins with a draining and smoothing salt powder scrub that leaves the skin intensely renewed. It continues with a powerful antioxidant vitamin C facial treatment that restores sun damage and slows skin aging.

80' € 200

BEWELL RITUAL BY NATURA BISSÉ recommended before and after sun exposure Recommended before and after sunbathing, this body treatment can be customized according to one's desires and needs. The many possible combinations of techniques and scents inspire a sense of tranquility, joy, and deep relaxation, depending on one's personal needs. Special maneuvers enhance the desired emotional state.

80' € 180



RELAX & MESSAGES



SUNSET OVER STROMBOLI

50' € 170

The open-air massage is an intense emotional experience offering an array of sensations. Let the sunset shades envelop you in a relaxing background, complete with the billowing curtains of the sea-front gazebo and the sound of the waves. At the end of the treatment, enjoy strawberries and sparkling wine while gazing at the horizon.

RELAXING MASSAGE

50' € 110

80' € 160

This relaxing draining massage uses gentle, enveloping techniques. It's particularly suitable for those seeking relief from mental tension due to stress.

DRAINING MASSAGE

30' € 80 (localized))

50' € 120 (full body)

The treatment's special techniques stimulate lymphatic and blood circulation, eliminating toxins to result in excellent deflating of the legs along with some restful action. The massage acts on muscle disorders and improves the skin's appearance. It provides a wonderful result of total well-being, speeding up the disposal of toxins, and soothing the nervous system to improve peripheral circulation.

DEEP MASSAGE

30' € 80

50' € 130

This intense massage works on contractures to relieve tension and can be customized as needed.

RELAX & MESSAGES



AYURVEDIC MASSAGE

50' € 140

Shirodara add-on

20' € 40

This traditional Indian massage transmits an immediate feeling of deep well-being and energy by stimulating the body & energy pathways. You can complete the treatment by combining it with Shirodhara: warm oil poured on the forehead for deep relaxation and renewed mental and physical well-being.

THALGO ARCTIC WONDER

80' € 160

This relaxing treatment involves a body scrub followed by a whirlpool bath and concludes with a total body massage performed with relaxing bubbles to release all tension and eliminate stress.

MUM TO BE

50' € 120

This deeply nourishing almond oil body massage focuses on the body's most tension-prone areas during pregnancy.





FACIAL NATURA BISSÉ



Natura Bissé blends pioneering technology with the gentlest human touch to feel and adapt to the different needs of each skin type.

OXYGEN VISO recommended post-sun

A fresh wave of oxygen, this treatment is perfect for skin that needs a dose of freshness, hydration, and radiance. It's ideal for restoring dull or asphyxiated skin, frequent travelers, smokers, or those going through a stressful time. This is also suggested for **after-sun restoration**.

50' € 110

Capovaticano beauty tips: Try it in combination with the Mask with soothing Boost in the after-sun Beauty Facial package

THE CITRUS ESSENCE

This treatment uses the C+C Vitamin collection to restore vitality and elasticity to skin that has aged due to the sun, looks dull, or shows signs of sagging. It includes a multi-cocktail of amino acids to brighten and diminish the appearance of aging.

50' € 120

INHIBIT FACE LIFT

This treatment uses products from the Inhibit collection that help smooth lines and wrinkles. Our experts apply these products through stimulating maneuvers that reactivate microcirculation with an immediate firming effect.

50' € 140





Thalgo, a world leader in marine cosmetics, capitalizes on the natural richness of seawater and the depths of the ocean.

SPIRULINA FACIAL TREATMENT

50' € 100

A treatment with marine magnesium-enhanced spirulina to smooth the first wrinkles and revive radiance.

HYALU-PRO COLLAGEN FACIAL

50' € 120

This treatment has a smoothing, wrinkle-filling effect. It uses procollagen derived from sea mycobiome and three hyaluronic acids from different molecular weights.

HYDRA-FORTIFYING

This facial treatment with remineralizing active ingredients instantly rehydrates and visibly fortifies thirsty skin in one session.

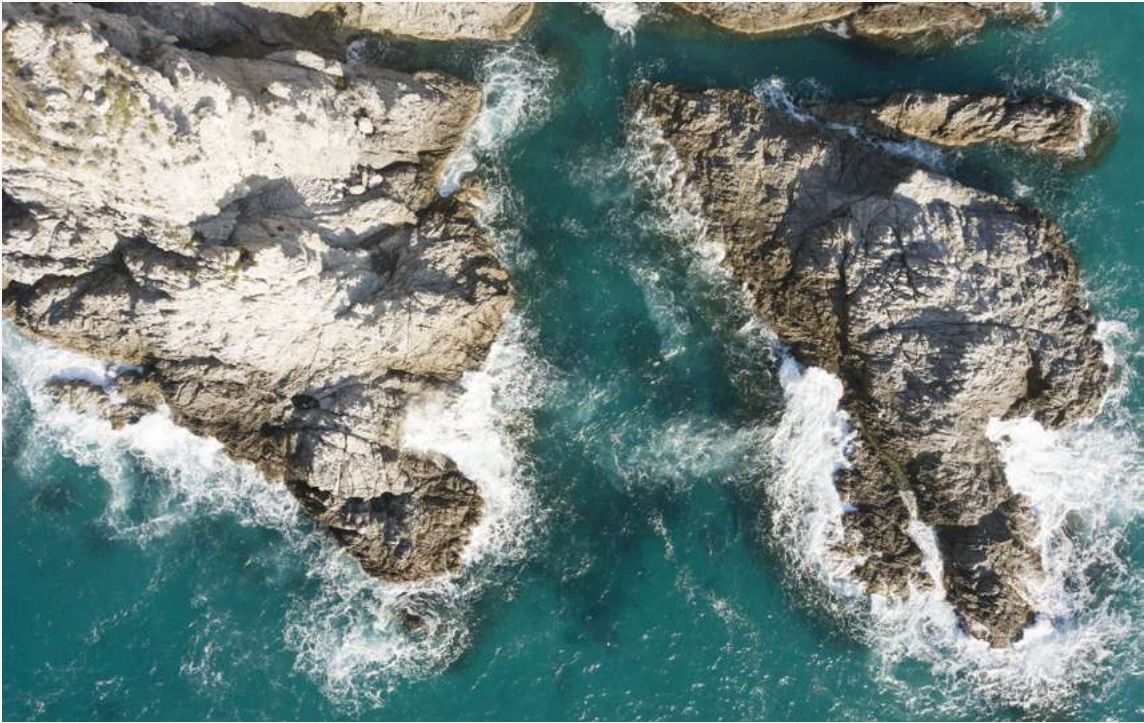
*Capovaticano beauty tips:
Try it with the cleansing facial
treatment in the Beauty Facial
pre-sun package.*

50' € 90

“THALASSO” BODY TREATMENTS



	50'	
CITRUS CRYSTAL SCRUB recommended before sun exposure		€ 110
This body scrub with a renewing effect promotes cellular turnover and leaves the skin smooth and polished. A 20-minute moisturizing and restorative massage follows the scrub.	50'	
SEA RAIN BODY SCRUB BY THALGO The treatment involves a body scrub and a seawater shower.	40'	€ 110
THALGO MICRONIZED SEAWEED BODY TREATMENT		€ 90
A Thalassotherapy body treatment par excellence, the treatment is a 40-minute body and facial massage that uses pure, natural micronized algae that's rich in vitamins, minerals, and trace elements. It can be extended by 30 minutes with a reactivating body massage that promotes circulation, allowing better absorption of the active ingredients.	with massage 70'	€ 140
PERSONALIZED BODY TREATMENT This body treatment incorporates draining, shaping, or slimming action as needed. At least three treatments are recommended.	50'	€ 95
	3 treatments package	€ 250
SEA RAIN Massage carried out by seawater rain	20'	€ 60
DRAINING AND TONING SHOWER JET	10'	€ 25



THALASSO PROGRAMS



ENERGY

3 GG € 350

5 treatments

-
- 1 Salt crystal scrub 50'
 - 1 Sea rain 20'
 - 1 Micronized seaweed body wrap 50'
 - 1 Vitamin C facial 30'
 - 1 Partial relaxing massage 30'

WELLNESS AND BEAUTY

4 GG € 570

9 treatments

-
- 2 Sea Rain 20'
 - 3 Partial relaxing massage 30'
 - 3 Micronized seaweed body wraps 40'
 - 1 Spirulina facial treatment 50'

CAPOVATICANO EXPERIENCE

6 GG € 800

12 treatments

-
- 2 Sea Rain 20'
 - 1 Citrus facial scrub 50'
 - 2 Foot Massages 25'
 - 3 Micronized seaweed body wraps 40'
 - 2 Hydromassages
 - 1 Cleansing Facial with personalized treatment 50'
 - 1 Vitamin C facial 30'



If you purchase one of these packages, you'll receive a **10% discount** on any additional treatments and facial and body products that you purchase.

REMISE EN FORME THALASSO PACKAGES

Thalasso treatments



DETOX & REVIVE

3 GG € 400

6 treatments

SHAPING

4 GG € 550

9 treatments

TOTAL BEAUTY

7 GG € 850

12 treatments

1 Body scrub 30'

1 Micronized seaweed body wrap 40'

2 Localized draining massage 30'

1 Sea Rain 20'

1 Personalized draining body treatment 50'

1 Body scrub 30'

2 Micronized seaweed body wraps 40'

3 Localized shaping massages 30'

2 Sea rain 20'

1 Personalized shaping body treatment 50'

2 Hydromassages

1 Body scrub 30'

2 Micronized seaweed body wraps 40'

1 Cleansing facial 50'

1 Vitamin C facial C 50'

1 Sea Rain 20'

3 Relax massages 50'

1 Personalized body treatment 50'



If you purchase one of these packages, you'll receive a **10% discount** on any additional treatments and facial and body products that you purchase.



WELLNESS PATH



Experience all the benefits of seawater through the thalassotherapy circuit [from the Greek world for sea: [αλασσο]. The treatment is based on immersing the body in pools of heated seawater at different temperatures with hydro jets of varying intensity.

The temperature of the water facilitates the assimilation of salts and trace elements through the skin. These materials are present in large quantities in seawater and promote the restoration of one's balance, improving mental and physical well-being.

120'

- Warm shower
- Dry off well
- Drink hot herbal tea to help with sweating
- Perform several sauna cycles, stepping out at regular intervals to cool off
- Cold shower starting with the legs, arms, and finally the head
- 15 minute steam bath while practicing deep breathing
- 15 minutes for rest; relax and hydrate with a herbal tea
- Emotional showers with water mist and chromotherapy for anti-stress and purifying effects
- Immersion in heated seawater pool with full-body massage jets
- 10 minute break
- Kneipp path with cold sea water to reactivate circulation in the legs
- Relax your mind in the music therapy pool with seawater
- 10 minute break
- Relaxing swim in the central pool

For non-hotel guests, the wellness path costs €65 per person.



DAY SPA EXPERIENCE



MY DAY SPA

3 H € 190

Thalassotherapy path: heated seawater pools, vascular path with jets, pool with music therapy, Kneipp path, sauna, steam bath, emotional showers, herbal tea room. (2 h)

Mediterranean citrus body exfoliating treatment with revitalizing and radiant effect. (25')

Anti-stress body massage with essential citrus oil (30')

DAY SPA - Cuddles for lovers

3 H € 400 (per couple)

Thalassotherapy path: heated seawater pools, a vascular path with jets, pool with music therapy, Kneipp path, sauna, steam bath, emotional showers, herbal tea room. (2 h)

Relaxing body massage with essential citrus oil in a couples suite (30')

Facial treatment with a regeneration effect in a couple's suite (30')

In-suite effervescent foot bath for two accompanied by sparkling wine. (30')

*The foot bath (15') is followed by a foot massage (15').

DAY SPA RELAX

3 H € 160 (per person)

3 - 5 people

Thalassotherapy path: heated seawater pools, vascular path with jets, pool with music therapy, Kneipp path, sauna, steam bath, emotional showers, herbal tea room. (2 h)

Relaxing body massage with essential citrus oil (30')

Rejuvenating moisturizing face mask patch while relaxing on the chaise longue. (30')

Happy hour



KIDS SPA

This exciting experience combines special paths for parents and children to share small moments of happiness. Dedicate a day to yourself and your children to get in tune and communicate.

MY JOY

30' € 135 (for 2 people)

Couple's room for the parent and child

Lavender massage (child)
Relaxing massage (parent)

SWEET HUG

50' € 160 (for two people)

Couple's room for the parent and child

Honey massage (child)
Relaxing massage (parent)

*An herbal tea or fruit drink will be served at the end of each treatment.

* Massage oils used for children are certified hypoallergenic and organic without any fragrance or preservatives.

* Treatments are designed for and limited to children from 6 to 16 years of age.

BEAUTY SERVICE



INTENSIVE SPA FOOT TREATMENT

60' € 75

Professional foot beauty treatment with immediate amazing results in just one session without the use of blades. The treatment completely eliminates calluses and corns and is ideal for those who practice sports.

MANICURE

60' € 60

PEDICURE

60' € 70

SEMI-PERMANENTE NAIL POLISH

30' € 40

SEMI-PERMANENTE REMOVAL

30' € 25

WAX (BEAUTY SECRETS)

Lip

€ 15

Eye Brow

€ 30

Under arm wax

€ 25

Arm wax

€ 30

Bikini wax

€ 35

Total Bikini wax

€ 60

Half leg wax

€ 50

Leg and bikini wax

€ 80

Chest or back wax for men

€ 60

SPA ETIQUETTE

BOOK IN ADVANCE

In order to ensure that treatments are available at your desired time, we recommend that you schedule treatments as early as possible when booking your room. To book an appointment, contact our spa by selecting the number 450 directly from your room phone, or call 0963 66 53 53.

PREGNANT WOMEN

We ask guests to inform the staff if they have any health conditions that need special attention. We offer targeted treatments for our pregnant guests and new mothers. Our staff will be happy to advise you on the treatments best suited to your needs.

CANCELLATION POLICY

If you need to change or cancel your appointment, please contact us at least 12 hours before the start of the appointment to avoid a 100% cancellation fee. If you don't show up for your appointment, we will be forced to charge the total amount of the treatments booked. We recommend that you show up at least 15 minutes before the start of the treatment. If you're late, the duration of the treatment will be reduced.

WHAT TO BRING

The SPA will provide you with a courtesy kit that includes a bathrobe, towel and slippers. Failure to return the kit will result in an €80 charge to your account. During your treatment, it is recommended that you wear the disposable underwear provided by our staff. Please bring your own bathing suit as nudity is not permitted.

VALUABLES AND PERSONAL BELONGINGS

Please leave valuables and jewelry in your room or one of the lockers in our locker rooms. The hotel is not responsible for lost or damaged valuables in SPA.

MINIMUM AGE

Children/youth between the ages of 6 and 16 can access treatments accompanied by a parent. Children are welcome for facials, hand and foot treatments, and some massages. Access to the wet areas and thalassotherapy pools is allowed only for children 16 years and older.

CELL PHONES

Our Thalasso SPA promotes harmony and relaxation. Please speak in a moderate calm tone and switch off your cell phone. For privacy and confidentiality reasons, photography and filming is not permitted.

LOST ITEMS

We ask that you turn in all lost items found in the Spa area to the front desk, where they will be kept for one month.

SPA BOUTIQUE

At our boutique, you can find all of our face and body products as well as our sun care line. Extend the benefits of your spa experience at home or gift them to your loved ones.

PRODUCTS FOR SALE AND GIFT CARDS

GIFT CARD

A pleasure to share. At the SPA reception, you can purchase our gift cards and choose from the treatments available within the SPA Menu. This unique gift offers a deep sensory wellness experience that nourishes the soul.

OTHER SERVICES

Physiotherapist upon request

Naturopath on request

Personal trainer on request

Hairdresser and make-up on request



LOCALITÀ TONO
FRAZIONE SAN NICOLÒ DI RICADI
89866 CAPO VATICANO
TROPEA (VV) - ITALY

Tel **+39 0963 665353**
Spa number **INTERNO 450**
Email **SPA@CAPOVATICANORESORT.IT**

CAPOVATICANORESORT.IT



CAPOVATICANO
RESORT THALASSO SPA

