



TERME**inn**  
**POPOLI**

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*wellness area*

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# Wellness Area

Choose between different wellness paths to experience **relaxation** and **regeneration** combining our best treatments: **sauna, turkish bath, hydromassage, salt room** and **customized massages**.

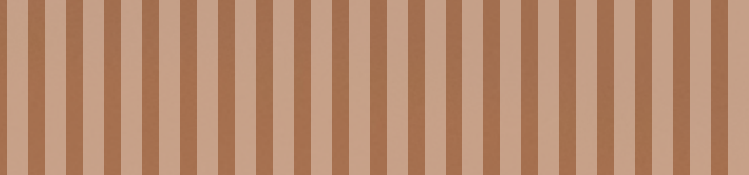
Perfect for a special moment **to be lived**.



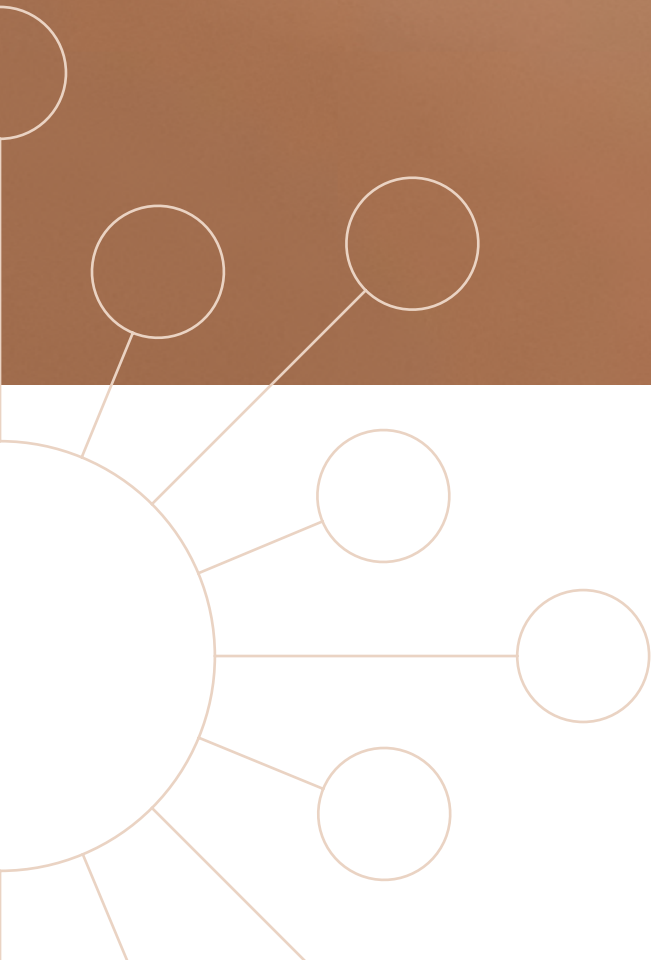


TERME Inn  
POPOLI





# A *regenerating* path



designed to provide  
absolute **relaxation**  
and **well-being**





## ACCESS TO WELLNESS AREA

**3 hours**  
**50 euros**

A **charming wellness experience** which includes the use of a **swimming pool** equipped with **hydromassage, sauna, turkish bath** and **salt room**. The customer is provided with a **personal locker**, a **bathrobe** and the access to an **herbal tea corner** to complete the relaxing experience.



### Treatments included:

- **Hot-water pool with whirlpool:** water jets to relax muscles, improve circulation and relieve tension.
- **Sauna:** dry heat to promote perspiration, eliminate toxins and relax body and mind.
- **Turkish bath:** moist heat and steam to purify the skin, open the airways and favor deep relaxation.
- **Salt room:** a regenerating environment with air rich in saline microparticles, perfect for improving breathing and strengthening the immune system.

“  
**Complete your  
experience**

with a body or facial treatment of your choice for an even more regenerating and personalized result.



BODY TREATMENTS

A *unique*  
ritual

to **regenerate** the  
body and restore  
**balance** and **vitality**



## THERMAL MUD TREATMENT

**45 minutes**  
(full-body)  
**60 euros**

An **exclusive treatment** which combines the therapeutic benefits of **thermal mud** with a relaxing **massage**.

Ideal for your natural body care, exploiting the **detoxifying** and **regenerating** properties of mineral-rich muds.



### What it consists of:

- Application of **warm thermal mud** on body to enhance active ingredients' penetration.
- **Relaxing and decontracting massage** to stimulate circulation, release muscle tension and amplify mud benefits.
- Mud removal and treatment completion with **Terme Inn oil** for a soft and regenerated skin.

### For whom it is indicated:

- People with muscle or joint pain.
- Those seeking for a detoxifying and toning treatment.
- Suitable for those who want to take care of their skin, making it more radiant and nourished.

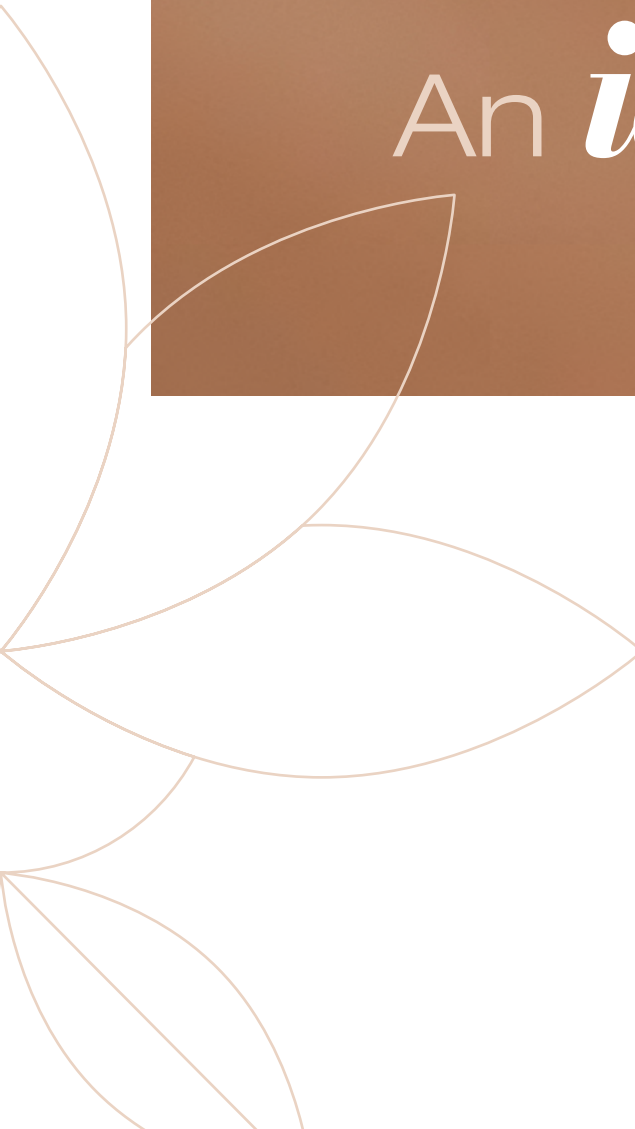
### Benefits:

- Toxin elimination.
- Muscle tension reduction and circulation improvement.
- Soft and moisturized skin.
- Overall body and mind well-being.

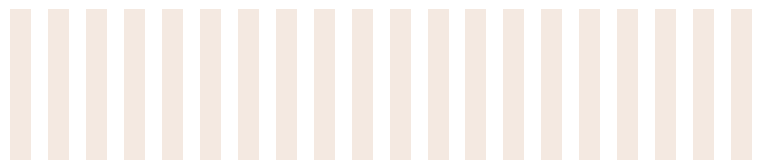


**BODY** TREATMENTS

An *ideal*  
treatment



for anyone who desires  
to take care of their  
own **body** and **mind**,  
treating themselves to  
a moment of **sheer**  
**peace**





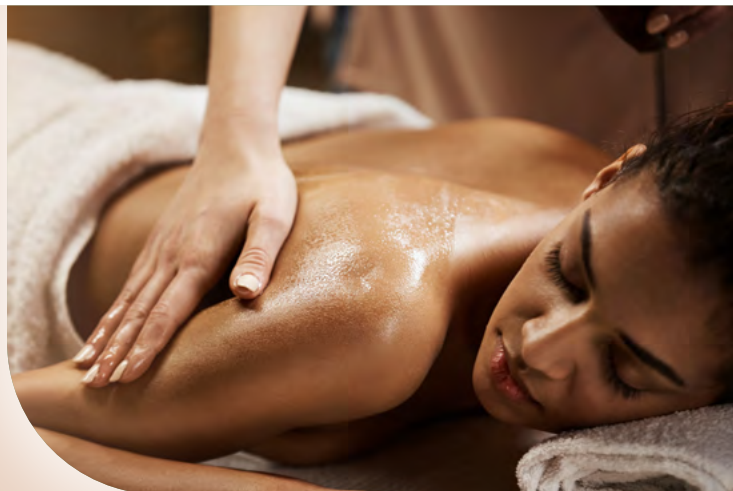
## RELAXING MASSAGE

**25 minutes**  
(localized)  
**35 euros**

**45 minutes**  
(full-body)  
**55 euros**

The relaxing massage is a treatment based on slow, gentle and harmonious movements aimed at **easing muscle tensions** and promoting a state of **deep relaxation**.

It is performed by using **Terme Inn oil** and specific techniques to relieve stress and regenerate body and mind.



### What it consists of:

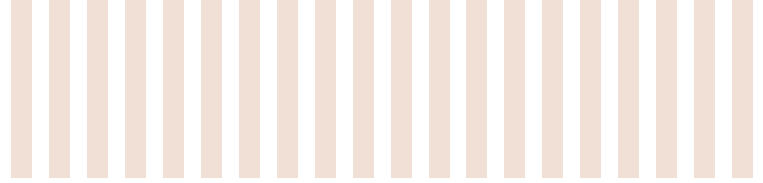
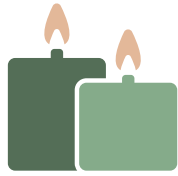
- **Slow, fluid** and **enveloping** movements to relax muscles.
- **Light** and **rhythmic** pressures to stimulate circulation.
- Use of **essential oils** combined with **Terme Inn oil** to enhance well-being feeling and calmness.
- **Techniques aimed** at releasing localized tensions, especially on shoulders, neck and back.

### For whom it is indicated:

- Perfect for those who wish to relieve accumulated stress.
- People who suffer from physical or mental fatigue.
- Those seeking a moment of break to regenerate.
- Those who have difficulty in relaxing or sleeping.

### Benefits:

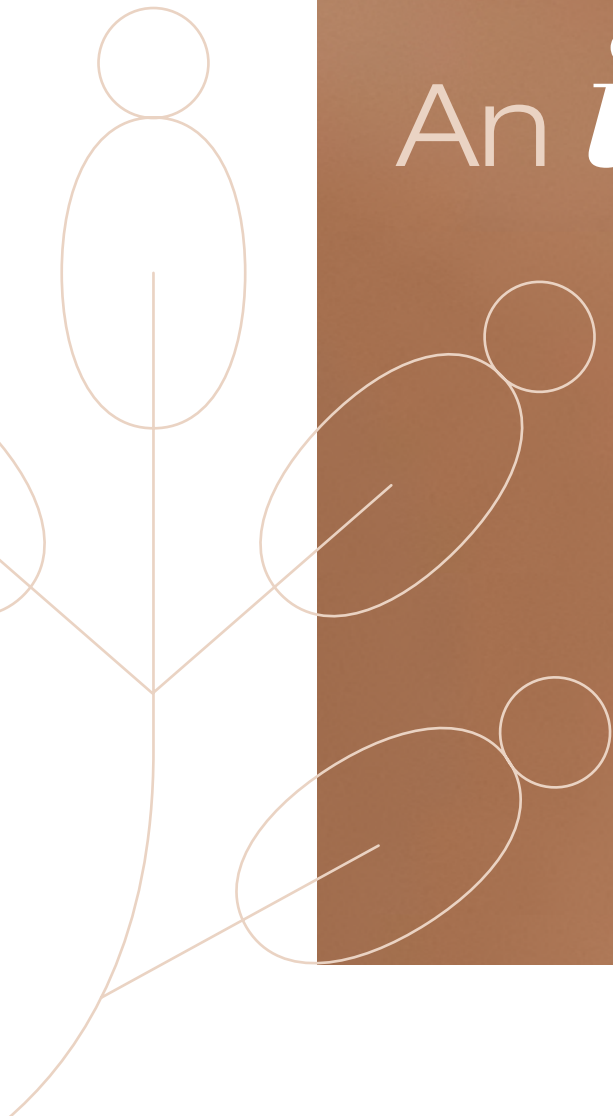
- Muscle relaxation to relieve tension and stiffness.
- Stress and anxiety reduction to promote a state of inner calm.
- Sleep quality improvement.
- Stimulation of blood and lymphatic circulation to encourage general well-being.
- A pleasant feeling of lightness and harmony.



**BODY** TREATMENTS

An *ideal*  
massage

to **regenerate**  
body and mind,  
leaving the skin  
wrapped in a **soft**  
well-being **hug**





## THERAPEUTIC CANDLE MASSAGE

**45 minutes**  
(full-body)  
**55 euros**

A unique and enveloping ritual that combines **heat** benefits with the nourishing and regenerating properties of a special **candle**.

During the treatment, the **melted wax** transformed into warm oil is poured gently over the body for a **deep** and **relaxing** massage.



### What it consists of:

- The **candle**, made with **vegetable butter** and **essential oils**, melts at a pleasantly warm temperature ideal to relax muscles and nourish the skin.
- **Slow** and **enveloping** movements all over the body to release tension, improve circulation and promote **deep relaxation**.
- **Natural aromatherapy** for a complete sensory experience.

### For whom it is indicated:

- Ideal for those suffering from stress or muscle tension.
- Perfect for those seeking for a regenerating and relaxing treatment.
- Suitable for those who desire a soft, nourished and scented skin.

### Benefits:

- Deep muscular and mental relaxation.
- Silky, moisturized and regenerated skin thanks to candle's natural oils.
- Blood and lymphatic circulation improvement.
- A sensory experience that combines warmth, aromas and gentle touch.



BODY TREATMENTS

A *perfect*  
massage

for those looking for a  
**deep** and **regenerating**  
break, combining  
physical **relaxation** and  
**emotional** relief

## ANTI-STRESS MASSAGE

**45 minutes**  
(full-body)  
**58 euros**

A complete and regenerating treatment which combines **stretching, rocking** and **mobilization maneuvers** to relieve physical and emotional tensions.

This massage promotes deep **relaxation** and a feeling of **lightness** and **well-being**.



### What it consists of:

- **Stretching:** gentle stretching to relax muscles and joints, improving mobility.
- **Rocking:** rhythmic movements that promote relaxation and stimulate the parasympathetic nervous system.
- **Mobilization:** gentle techniques to release joint blocks and promote fluidity.
- **Diaphragm, head and face** involvement to relieve deep tension and improve breathing.

### For whom it is indicated:

- People suffering from physical and mental stress.
- Those who wish to relax body and mind completely.
- Those who experience tension in the diaphragm, neck or head area.
- People with breathing difficulties related to muscle tensions.

### Benefits:

- Stress and anxiety reduction.
- Breathing improvement thanks to diaphragm relaxation.
- Release of tensions in head, neck and face areas.
- Increased joint mobility and feeling of lightness.
- Energetic rebalancing and feeling of inner harmony.



BODY TREATMENTS

A *relaxing*  
massage

for those who wish to  
**relieve** tensions and  
pain, regaining **energy**,  
**flexibility** and absolute  
**well-being**

**DECONTRACTING** \_\_\_\_\_ **25 minutes** \_\_\_\_\_ **45 minutes**  
**MASSAGE** \_\_\_\_\_ *(localized)* \_\_\_\_\_ *(full-body)*  
**35 euros** \_\_\_\_\_ **55 euros**

An intense and focused treatment that works in depth to **release** muscle tension in the back, lower back area, cervical and legs.

Ideal for **relieving** stiffness and pain caused by bad posture, stress or physical exertion, this massage uses specific techniques to **relax** muscles and **restore** overall well-being.



### What it consists of:

- **Deep** and **focused** pressures on areas of tension.
- Specific maneuvers to **loosen muscle contractures** on the back, lower back and cervical areas.
- Stimulation of blood circulation to promote **muscle relaxation**.
- **Intensive** work on critical points such as shoulders, neck and lower back.

### For whom it is indicated:

- Those suffering from chronic or acute muscle tension in the back, neck or lumbar region.
- People with pain due to poor posture, stress or intense physical activity.
- Those looking for a targeted treatment to improve mobility and reduce localized myalgia.

### Benefits:

- Deep relaxation of contracted muscles.
- Immediate relief from pain and stiffness in the dorsal, lumbar and cervical areas.
- Posture and flexibility improvements.
- Stimulation of circulation to boost muscle recovery.



BODY TREATMENTS

An *enveloping*  
experience

which combines the **power of water** with the benefits of targeted techniques, giving a moment of **deep relaxation** and **physical rebalancing**



## WATER STRETCH MASSAGE

**45 minutes**  
(full-body)  
**65 euros**

An exclusive treatment that combines the benefits of **relaxation** in warm water with **stretching** techniques and postural **rebalancing**.

Thanks to body lightness in water, movements are more **fluid** to allow acting on spine and limbs in order to improve posture, **relieve** tensions and **restore** body **harmony**.



### What it consists of:

- **Immersion** in warm water to promote muscle and joint relaxation.
- **Gentle stretching** movements to lengthen the spine and improve flexibility.
- **Mobilization** techniques to rebalance limbs and release muscle tensions.
- Combined **floating** and **manipulation** actions to relieve stress and improve an overall well-being.

### For whom it is indicated:

- People with muscle tension or joint stiffness.
- Those suffering from back pain or poor postures.
- Those searching for a relaxing and revitalizing treatment, also suitable for high-stress situations.
- People who wish to improve spine and limbs mobility without heavy loads.

### Benefits:

- Muscle tension and joint stiffness' relief.
- Posture, spine and limbs flexibility improvements.
- Deep relaxation thanks to warm water calming effect.
- Overall well-being stimulation in order to reduce stress and improve sleep quality.



BODY TREATMENTS

A *pleasing*  
massage

to **cuddle** body and  
mind, restoring **harmony**  
and **serenity**

The Californian massage, a **holistic** and **enveloping** treatment, is known for its fluid, slow and harmonious movements which create a feeling of **deep relaxation** and **wellness**.

Designed to **rebalance** body and mind, this massage works on both physical and emotional levels, promoting the **release** of accumulated **tensions**.



### What it consists of:

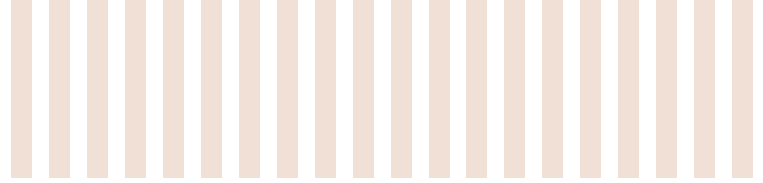
- **Long, gentle** and **enveloping** movements running through the entire body.
- **Soft** and **progressive** pressures to relieve muscle tensions.
- Use of **essential oils** to improve touch fluidity and promote relaxation.
- Techniques that stimulate body awareness, creating a deep **sense of harmony**.

### For whom it is indicated:

- Those who wish to relax deeply and relieve stress.
- People who want to reconnect with their own body and emotions.
- Those suffering from muscle tensions due to fatigue or anxiety.
- Those seeking for a gentle and regenerating treatment for body and mind.

### Benefits:

- Deep relaxation and stress relief.
- Muscle tension relief and circulation improvement.
- Pent-up emotional release and inner balance restoring.
- A pleasant feeling of lightness and overall well-being.



BODY TREATMENTS

A *flawless*  
treatment

for those who want  
to take care of their  
**legs**, rediscovering  
**comfort** and  
**lightness**

A focused treatment designed to **relieve** muscle tension, **stimulate** circulation and **promote** body fluids drainage.

Perfect for fatigued or weighed-down legs, this massage uses **specific techniques** to restore **lightness** and **vitality**.



### What it consists of:

- **Pressure** and **effleurage** maneuvers to relax muscles and release tension.
- Draining movements to reduce swelling and promote the **elimination of excess fluids**.
- Stimulation of blood and lymphatic circulation to improve tissues **oxygenation**.
- **Specific techniques** to act on feet, calves and thighs.

### For whom it is indicated:

- People with fatigued or weighed-down legs from long hours of standing or sitting.
- Those suffering from swelling or water retention.
- Athletes or people with localized muscle tensions in the legs.
- Those who wish to improve tone and well-being legs.

### Benefits:

- Muscular tensions reduction and lightness feeling.
- Blood and lymphatic circulation improvement.
- Reduction of swelling and water retention.
- Renewed legs vitality and wellbeing.



## FACIAL TREATMENTS

# A *purifying*

## *Thermal Mud ritual*

for those who want  
**to pamper and  
purify skin** from  
impurities through  
thermal mud natural  
benefits



## FACIAL TREATMENT WITH THERMAL MUD

**45 minutes**  
(face)  
**55 euros**

A complete treatment that exploits the **purifying** and **remineralising** properties of thermal mud to give **brightness** and **freshness** to face, combined with a relaxing massage for a **regenerating experience**.

- Cleansing with the **gentle Terme Inn mousse** to prepare the skin.
- **Relaxing facial massage** with **Terme Inn Oily Moisturizing Booster** to stimulate microcirculation, reduce tension and leave the skin soft and radiant.
- Application of a **thermal mud mask** to purify, tone and rebalance.
- Vaporization of **Terme Inn Functional Thermal Water** that gives freshness and conveys the absorption of **Terme Inn Concentrated Face Serum** designed to regenerate the skin and at last the **Nourishing Terme Inn Face Cream** which deeply moisturizes the skin for a silky and plumped result to touch.





## FACIAL TREATMENTS

# A *relaxing* caress

for those with a dull  
and tired skin

Thanks to the **active ingredients** of our Terme Inn cosmetic line combined with a relaxing facial massage, the skin will appear **relaxed** and **radiant**. The effect will be immediately visible.



## RELAXING FACIAL TREATMENT

**25 minutes**  
(face)  
**30 euros**

An effective treatment that gives your face brightness and **relaxation** of expression lines.

- Cleansing with the **gentle Terme Inn mousse** to prepare the skin.
- Relaxing massage to stimulate microcirculation and relax facial features with **Terme Inn Oily Moisturizing Booster** based on extracts and oils that promote relaxation and hydration.
- Vaporization of **Terme Inn Functional Thermal Water** that gives freshness and conveys the absorption of **Terme Inn Concentrated Face Serum** designed to regenerate the skin and at last the **Nourishing Terme Inn Face Cream** which deeply moisturizes the skin for a silky and plumped result to touch.



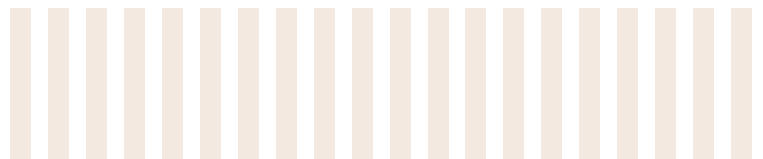
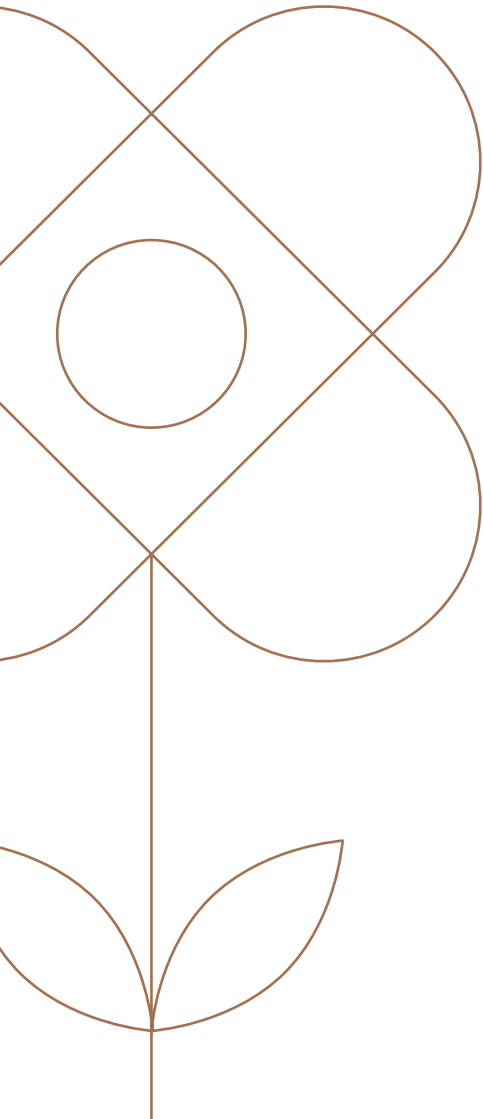


FACIAL TREATMENTS

A

# *regenerating* cuddle

An experience which  
blends effectiveness  
and relaxation for a  
**radiant, toned** and visibly  
**regenerated** face.





## INTENSIVE FACIAL TREATMENT

**45 minutes**  
*(face and décolleté)*  
**50 euros**

A complete and personalized treatment that **regenerates** skin in depth, leaving it **bright** and **revitalized**. Ideal for those who desire **special attention** to their own face.

- Cleansing with the **gentle Terme Inn mousse** to prepare the skin.
- Mechanical peeling to gently exfoliate, eliminate impurities and renew the skin tone.
- Energizing massage with **Terme Inn Oily Moisturizing Booster** that stimulates circulation, reduces swellings and gives tone to face.
- Application of a specific mask, chosen according to skin type and skin tone needs.
- Vaporization of **Terme Inn Functional Thermal Water** that gives freshness and conveys the absorption of **Terme Inn Concentrated Face Serum** designed to regenerate the skin and at last the **Nourishing Terme Inn Face Cream** which deeply moisturizes the skin for a silky and plumped result to touch.





COUPLE EXPERIENCE

# Harmony *For Two*

Treat yourself to an **exclusive** wellness ritual **for two**. Choose the facial or body treatment that suits you best and let yourself be pampered in a **relaxing** and **harmony** atmosphere.



**COUPLE  
EXPERIENCE**

**2 accesses**  
to **Wellness Area**  
**3 hours**

**2 treatments**  
(face or body lasting  
**25 minutes**)  
**150 euros**

Rediscover your **well-being** as a couple.

Enjoy a unique experience: **two accesses** to Wellness Area (sauna, turkish bath, salt room, swimming pool) and a personalized **facial** or **body treatment** to share.

A moment of absolute **relaxation** and **intimacy**.



## WHERE WE ARE

5, Gran Sasso Street, 65026 Popoli Terme (PE)

## TIMETABLES

### We are open from 9 am to 9 pm

- Access to the Wellness Area lasts 3 hours, 4 hours if the customer books a facial or body treatment.
- It is possible to get a facial or body treatment from 9 am to 6 pm (from 6 pm to 9 pm customers can only use the Wellness path).
- **Special events** are planned to make your relaxation and wellness experience unique (announced on our social media channels and on our website).
- Follow us so you won't miss the news, offers and dates of upcoming events:

**Instagram:** @Termeinnpopoli

**Facebook:** Terme Inn Popoli

**Official website:** [www.termeinnpopoli.it](http://www.termeinnpopoli.it)  
*Wellness Area section*

## CONTACTS

- **Phone:** 085987781
- **Email:** [areabenessere@termeinnpopoli.it](mailto:areabenessere@termeinnpopoli.it)

## RESERVATIONS

To access the Wellness Area, we recommend making a reservation.

For groups of a minimum of 6 people, **reservation is mandatory.**

If you pre-book a facial or body treatment, **a special 15% discount** is applied on the chosen treatment.

### You can book

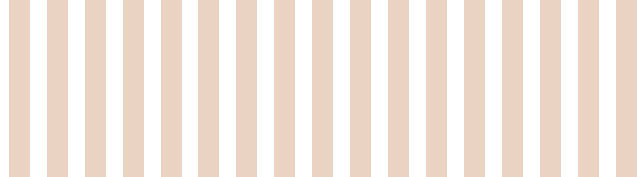
- By phone at: 085 987781
- By email: [areabenessere@termeinnpopoli.it](mailto:areabenessere@termeinnpopoli.it)
- On the website: reservation form to be filled out

## WHAT TO BRING

To access our Wellness Area, you must bring a **swimming cap** to dive in the pool, a **swimsuit** and **slippers**. **Bathrobe, towel** and **hair dryer** are provided by the facility.

## OTHER SERVICES

Please note that **the facility does not provide catering service.** **Shuttle service** for groups of a minimum number of 6, for more information please contact 085987781.



# PRICE LISTS

**ACCESS TO WELLNESS AREA** \_\_\_\_\_ **3 hours** \_\_\_\_\_ **50 euros**

## BODY Treatments

|   |                         |                        |                 |
|---|-------------------------|------------------------|-----------------|
| <b>THERMAL MUD TREATMENT</b> _____      | <b>45 minutes</b> _____ | <i>full-body</i> _____ | <b>60 euros</b> |
| <b>RELAXING MASSAGE</b> _____           | <b>25 minutes</b> _____ | <i>localized</i> _____ | <b>35 euros</b> |
| _____                                   | <b>45 minutes</b> _____ | <i>full-body</i> _____ | <b>55 euros</b> |
| <b>THERAPEUTIC CANDLE MASSAGE</b> _____ | <b>45 minutes</b> _____ | <i>full-body</i> _____ | <b>55 euros</b> |
| <b>ANTI-STRESS MASSAGE</b> _____        | <b>45 minutes</b> _____ | <i>full-body</i> _____ | <b>58 euros</b> |
| <b>DECONTRACTING MASSAGE</b> _____      | <b>25 minutes</b> _____ | <i>localized</i> _____ | <b>35 euros</b> |
| _____                                   | <b>45 minutes</b> _____ | <i>full-body</i> _____ | <b>55 euros</b> |
| <b>WATER STRETCH MASSAGE</b> _____      | <b>45 minutes</b> _____ | <i>full-body</i> _____ | <b>65 euros</b> |
| <b>CALIFORNIAN MASSAGE</b> _____        | <b>45 minutes</b> _____ | <i>full-body</i> _____ | <b>55 euros</b> |
| <b>DRAINAGE MASSAGE</b> _____           | <b>25 minutes</b> _____ | <i>legs</i> _____      | <b>30 euros</b> |

## FACIAL Treatments

|  |                         |                                 |                 |
|--|-------------------------|---------------------------------|-----------------|
| <b>FACIAL TREATMENT WITH THERMAL MUD</b> _____ | <b>45 minutes</b> _____ | <i>face and décolleté</i> _____ | <b>55 euros</b> |
| <b>RELAXING FACIAL TREATMENT</b> _____         | <b>25 minutes</b> _____ | <i>face</i> _____               | <b>30 euros</b> |
| <b>INTENSIVE FACIAL TREATMENT</b> _____        | <b>45 minutes</b> _____ | <i>face and décolleté</i> _____ | <b>50 euros</b> |

## COUPLE Experience

**TWO ACCESSSES** to the Wellness Area +  
**A FACIAL OR BODY TREATMENT** *lasting 25 minutes per person* \_\_\_\_\_ **150 euros**

For you, a **special 15% discount** on facial and body treatments by booking in advance.  
**DON'T MISS THE OPPORTUNITY TO ENRICH YOUR WELLNESS EXPERIENCE**



TERMEinn  
POPOLI

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*wellness area*

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65026 Popoli Terme (PE) Italy

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