


NERÓ SPA
NEW EXPERIENCE

 SPA MENÙ

νερό [neró] *n. n. water (n.)*



Leave the stresses and strains
of everyday life behind,
forget about the clock ticking and indulge
in a moment of intense pleasure at

NERÓ SPA

NEW EXPERIENCE

A new haven of peace and quiet
where the passing of time
means simply a new wellness
and consciousness experience.
The ingredients of this new experience
are simple and natural,
Colli Euganei water and spa muds,
the jewel in the area's crown
and a holistic approach to personal
wellbeing based on treatments and rituals
deriving from ancient wisdom.

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SIGNATURE RITUALS NERÓ SPA

A new wellness experience



Let yourself go to the delicate vitality of
UNICO
 NERÓ SPA
 and immerse yourself in this new experience

Gently let yourself go into a total relaxation dimension. In just 25 minutes this ritual will enable you to free yourself of stress and enjoy an ultra pleasant sensation of relaxation in the warm embrace of Neró Spa's exclusive fragrance.

LENGTH
 ⌚ 25 minutes

TECHNIQUES
 aromatherapy, acupressure, foot reflexology, head massage.

€ 40,00

The freshness of dew. The lightweight feel of a warm summer breeze. The warmth of an embrace.



Rediscover your natural balance with
ORIGINE
 NERÓ SPA

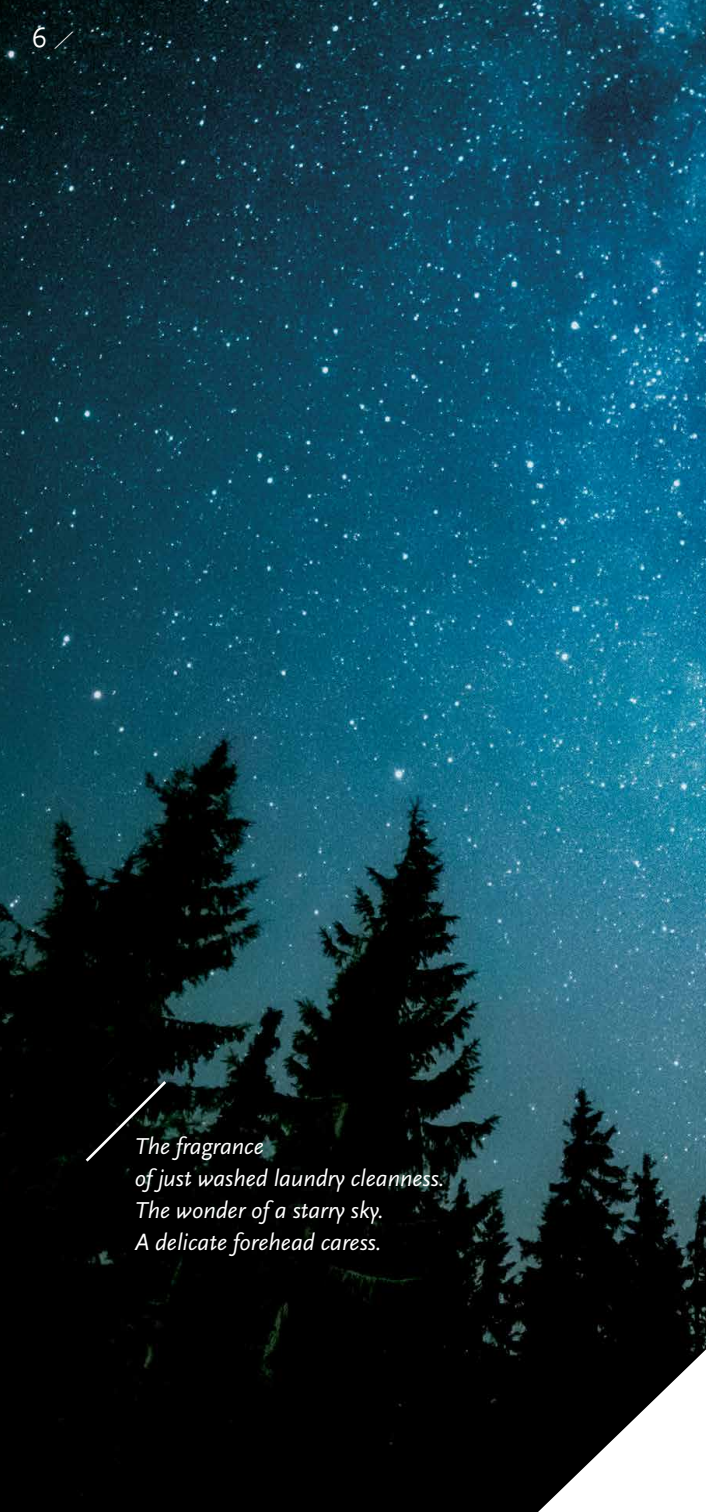
Let yourself go to the deep down modelling effects of Terme Euganee DOC muds, a precious natural substance. The intensity and pleasure of this ritual will give you atavic sensations of contact with the earth, profound equilibrium. Finally purified, your organism will benefit from the free flow of renewed energy.

LENGTH
 ⌚ 80 minutes

TECHNIQUES
 brushing, muds, ozonised balneotherapy, drainage massage.

€ 120,00

*The power of fire.
 The vigour of water.
 The mettle of the wind.
 The energy of the earth.*



*The fragrance
of just washed laundry cleanness.
The wonder of a starry sky.
A delicate forehead caress.*

Fall asleep gently
rocked by
MORFEO
NERÓ SPA

Outside the sun has already set.
It's time to leave the stresses
and strains of the day behind
and rediscover peace and quiet in rest.
Close your eyes and let yourself
go to a long refreshing sleep
cocooned in soft, freshly ironed sheets.
Offered after sunset only, this ritual
gets all your senses working,
giving you a truly one-of-a-kind
regeneration experience.

LENGTH
⌚ 50 minutes

TECHNIQUES
aromatherapy,
body brushing,
relaxing massage.

€ 80,00



Fill up
with energy with
ULISSE
NERÓ SPA

Free your vital fluids,
increase your energy
and give yourself 50 minutes
of intense wellbeing.
After a long day at work
or a long journey, when you need
to recharge your batteries,
give yourself a boost with this
energising and reactivating ritual.

LENGTH
⌚ 50 minutes

TECHNIQUES
aromatherapy, tension relieving
and energising massage,
normally done on the ground,
in comfortable clothing
and without using oil.

€ 80,00

*A peaceful home atmosphere
after days away.
The vibrant desire to overcome our limits.
To surprise ourselves with
a better version of ourselves.*

Those first date laughs.
An eye contact dance.
The thrill of a kiss.



Let yourself go to the magic of the moment with **INTRECCIO** NERÓ SPA

Give your partner that most precious of gifts: time spent together. This two-hour-long ritual gives you plenty of time to talk and share in an unhurried way. It is time spent on treating yourself and your loved one, in the cosy and exclusive environment of the Private Spa, to relaxing massages based on Neró Spa's original products.

LENGTH
🕒 2 hours

TECHNIQUES
peeling, aromatherapy, hydromassage, relaxing massage.

Workdays € 270,00
Weekend € 300,00

Soothe your mind and let your energy flow with **BALINERÓ** NERÓ SPA

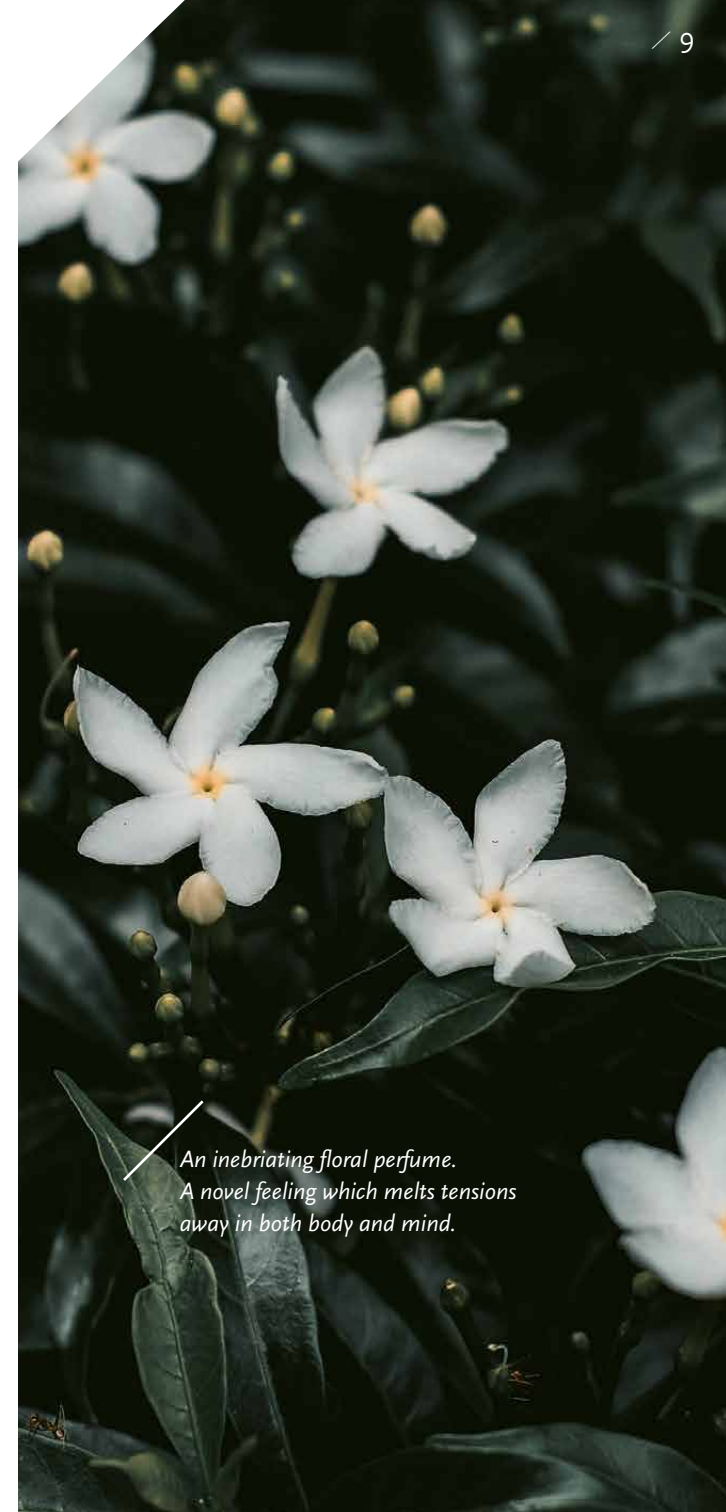
Frangipane's sweet fragrance melds with Oriental medicine's know-how and wisdom, breathing life into an experience which soothes your mind and frees you of stress, melting away tensions to get your vital energies flowing once again.

LENGTH
🕒 50 minutes

TECHNIQUES
aromatherapy, acupressure, drainage massage and tension-relieving massage.

€ 80,00

An inebriating floral perfume.
A novel feeling which melts tensions away in both body and mind.



THE MESSAGES

*Effective delicate
and profound manual skills*

RELAX

Soft, gentle massages designed to relax you. They help to reduce stress, lower blood pressure and stimulate endorphin production, improving your mood.

⌚ 25' € 40,00

⌚ 50' € 70,00

BACK & NECK

With tension relieving movements and massages, treatments release back and neck muscle tension, acting on tissues deep down.

⌚ 25' € 40,00

⌚ 50' € 70,00

DECONTRACTING

Ultra-effective deep muscle massage. This technique is especially effective in releasing body tension by relaxing your muscles and is used to treat a great variety of problems, improve posture and flexibility and foster the reduction of pain triggering inflammation.

⌚ 25' € 40,00

⌚ 50' € 70,00

CALIFORNIAN

A pure pleasure massage which consists of all encompassing and modelling the body in its entirety, alternating fluid, light or more deep down movements which concentrate on the skin's surface. Movements are slow, gentle and wide ranging, like a harmonious hand dance on the body.

⌚ 50' € 70,00

HOT STONE

The Hot Stone Massage has thousands of years of history and derives from two traditions: Ayurveda and the Shamanic massage of the Arizona Indians. Thanks to the use of hot stones this massage combines the beneficial effects of heat therapy and those typical of massage and has extraordinary tension relieving and energising effects.

⌚ 50' € 70,00

HEMOLYMPHATIC DRAINAGE

A total body massage which combines slow, rhythmic movements fostering blood and lymphatic circulation, favouring the removal of toxins and liquids, muscle tension relief and toning nerve, connective and muscle fibres.

⌚ 25' € 40,00

⌚ 50' € 70,00

VODDER LYMPHATIC DRAINAGE

Lymph drainage or manual lymphatic drainage is a method which uses low pressure massage movements via skin compression and stretching, thus stimulating lymphatic circulation. Specifically this type of massage reduces accumulated liquids and toxins in particular, fostering elimination and making the reduction of lymphatic swelling possible.

- ⌚ 50' € 70,00
- ⌚ 80' € 90,00

PRESSOTHERAPY

Peristaltic pressure therapy creates full-blown pressure waves, restoring healthy circulation. It is an excellent therapy for venous insufficiency, lymphatic stasis, cellulite and all other vascular conditions.

- ⌚ 25' € 30,00
- ⌚ 50' € 60,00

FOOT MASSAGE

Tensions melt away, the mind relaxes and feet are revitalised. Foot massage favours profound relaxation and activates the body's natural painkillers, anxiety relievers and antidepressants, developing its capacity to listen to its own vital needs.

- ⌚ 25' € 40,00

ANTI-CELLULITE MASSAGE WITH WOODEN ROLLERS

The ideal way to combat unsightly cellulite, improve muscle tone and reduce localised fat build up on thighs, stomach, bottom and arms.

- ⌚ 50' € 70,00
- ⌚ 80' € 90,00

Exclusive Neró Spa

For a tailor-made massage, try our
"ALCHEMY OF MASSAGE"

Ask our experts for help



ORIENTAL MESSAGES

*Ancient Oriental practices
with which to rebalance body and mind*

THAI

Traditional Thai massage, "*nuad phaen borarn*" in the Thai language, literally meaning touch to heal, was originally a medical massage practised by Thai monks. It is normally done on the ground, in comfortable clothing and without using oil. Thai massage increases blood circulation, helps the cells to free themselves of toxins and frees up energy leaving you feeling active and regenerated.

- ⌚ 50' € 70,00
- ⌚ 80' € 90,00

SHIATSU

It is an acupuncture technique whose purpose is to remove blockage and restore normal ki energy flows in such a way as to enable you to achieve a new state of relaxation, wellbeing and mind and body harmony.

- ⌚ 50' € 70,00
- ⌚ 80' € 90,00

FOOT MASSAGE

A healing technique deriving from ancient Chinese medicine which involves acupuncture on specific areas of the feet. Via precise stimulation of specific areas corresponding to parts of the body, physical and energetic balance is fostered.

- ⌚ 25' € 40,00
- ⌚ 50' € 70,00



AYURVEDA

The art of good living

Ayurveda

is one of the oldest natural medicine systems passed down by man, a great gift from India to the world.

The word Ayurveda is made up of the words *ayu* - life - and *veda* - knowledge - and it thus means 'knowledge of life' or 'the art of living well'.

In addition to medical sciences, it encompasses elements of philosophy, art and disciplines and offers a complete vision of life teaching us the true essence of human beings and their environments and how to maintain a balance between humans and the universe.

Ayurveda distinguishes between three different life energies (*Tridosha*), each of which has a different main body location and specific function: *Vata*, *Pitta* and *Kapha*.

Normal *Dosha* equilibrium corresponds to a healthy state while an imbalance in one of more of these causes illness. Lifestyle, adapting to different seasons, diet and contact with nature are all very important in maintaining *Dosha* balance and thus health.

Massage also serves to balance *Doshas*, the main biological principles underlying all human beings, eliminating *Aama*, physical and mental toxins to generate a positive emotional flow and raise the spirits.

Massage is not only therapeutic but also preventative in the sense that it is a way of interpreting, taking on board and modifying some of the body's messages, slowing down ageing, improving resistance to stress, calming the mind, strengthening the immune system and the body's ability to heal itself, it helps to resolve conditions linked to insomnia, depression, fatigue, the menstrual cycle, digestion and contractions in the spinal column.

UDWARTANA

Udvertana is a purifying treatment which uses vegetable powders such as chickpea flour and ginger and turmeric to eliminate excess toxins leaving the skin smooth and soft. It involves a peeling massaged in with spices specific to Ayurvedic Dosha.

⌚ 50' € 75,00

ABHYANGA

Abhyanga's action is for the whole body, mind and spirit, restoring a balance between the forces which govern the psychological, energetic, physiological and structural levels whose imbalance determines the onset of illness and malaise. Ayurvedic massage acts on the whole body using various manual techniques, stimulation and manipulation accompanied by the use of medicinal oils applied hot.

⌚ 50' € 75,00

ABHYANGA WITH PINDASWEDA

This treatment involves using hot bags left to flow along energy channels, promoting muscle relaxation while the herbs and spices in the bags help to restore tone. Together with the beneficial effects of Abhyanga massage, the use of hot medicinal swabs contributes to extreme relaxation and a profound sense of wellbeing.

⌚ 50' € 80,00

ABHYANGA WITH SHIRODHARA

This treatment encompasses all the benefits of Abhyanga massage with the addition of Shirodara. Hot oil poured onto the sixth *chakra* induces an even more profound and penetrating relaxation. It is the culmination of the Ayurvedic experience and embodies its all-encompassing capacity to leave tension behind and restore your contact with your deeper self.

⌚ 80' € 110,00

SHIROABHYANGA

It is a very pleasant and relaxing treatment which improves micro-circulation in the scalp. It leads to relaxation and mental lucidity. It fosters quality sleep and releases tensions. It helps to prevent muscle tension headaches.

⌚ 25' € 45,00

SHIROABHYANGA WITH SHIRODHARA

A long face and neck massage with final Shirodara oiling. It generates a profound state of relaxation and works on the sixth and seventh *chakras*, helping to rebalance your energies. The final pouring of hot oil on the third eye generates a unique emotional experience and an unforgettable feeling of wellbeing.

⌚ 50' € 80,00

AYURVEDIC FACE TREATMENT

Face treatment beginning with a massage designed to stimulate the face and head *marma* points. Chickpea flour and natural organic yoghurt masks light up your face and hydrate it deep down.

⌚ 50' € 70,00



FACE TREATMENTS

Purification,
hydration,
regeneration

BEAUTICIAN CONSULTANCY € 27,00

FACE CLEANSING

Classic skin purification treatment for impurities and to clean the skin of smog, pollution and make-up residues deep down and restore balance and moisture.

⌚ 50' € 50,00

Exclusive Neró Spa

À LA CARTE FACE RITUAL

Our skilled beauty therapists offer face treatments tailored to your needs from the starting point of deep cleansing before moving onto the treatment phase, for truly exceptional results.

⌚ 80' € 90,00

PURIFYING FACE TREATMENT

Face treatment whose intense purifying and sebum normalising properties restore balance to the skin and contribute to purifying it. Advisable for young and oily skins.

⌚ 50' € 67,00

SOOTHING FACE TREATMENT

Face treatment with a powerful soothing action on sensitive rosacea-prone skin. By acting on the micro-circulation it combats cell oxidisation and favours free radical reduction.

⌚ 50' € 67,00

MOISTURISING FACE TREATMENT

The raw materials used in this treatment nourish even the driest skins deep down, favouring the regeneration of its natural barriers. Recommended for all types of skin.

⌚ 50' € 67,00

ANTI-AGE FACE TREATMENT

Face ritual designed to slow down the signs of ageing with a combination of raw materials and anti-wrinkle treatments.

The massage technique used in this treatment favours skin suppleness and compactness. Suitable for mature skins showing the first signs of ageing.

⌚ 50' € 67,00

LIFTING FACE TREATMENT

This ritual focuses entirely on the face, neck and neckline to foster skin and muscle tone. The use of the Gua Sha stone reactivates blood circulation, oxygenates the tissues and favours the drainage of excess liquid. Suitable for tired skins.

⌚ 50' € 75,00

OXYGENATING FACE TREATMENT FOR MEN

A special treatment for men's skins needing vitality and oxygen. A combination of circulatory massage and raw materials relaxes the facial muscles and the area around the eyes.

⌚ 50' € 67,00

FACE MASSAGE

Massage is not just an indulgence. It means wellbeing. Emotional tensions, stress and tiredness leave their mark on our faces and good massages can restore balance. Profoundly relaxing, it is ideal in combination with a face or body treatment.

⌚ 25' € 40,00

BODY TREATMENTS

*Exfoliation,
detox,
rejuvenating*

BODY PEELING

A delicate massage with exfoliating products which favour skin regeneration, significantly improving its appearance and favouring the absorption of the active ingredients in creams and serums. It is especially recommended at seasonal changeover and to prepare skin for the sun.

⌚ 25' € 40,00

HONEY SMOOTHING MASSAGE

Used since antiquity as a component in various creams, honey has moisturising and soothing properties. Cosmetically this precious ingredient's polyphenols slow down skin ageing.

⌚ 50' € 67,00

ANTI-CELLULITE MODELLING TREATMENT

Mud is the star player in this anti-cellulite treatment and, when combined with the effects of massage designed to remodel critical areas such as bottom, thighs and stomach, it favours cellulite fat deposit reduction. For an effective result a cycle of 6 to 12 sessions over a three month period is advised.

⌚ 50' Legs and Abdomen € 70,00

⌚ 80' Total Body € 95,00

LIGHT LEG MASSAGE

Draining treatment taking advantage of the synergy between pressotherapy and magnetotherapy to act on blood circulation and the lymphatic system with draining and detoxing action combined with cold wraps.

⌚ 25' Face wrap + lymph € 40,00

⌚ 50' Face wrap + pressotherapy + lymph € 60,00

DETOX TREATMENT

Treatment designed to detox the body thanks to the osmotic action of a salt scrub. Detox mud and lymphatic-drainage massage complete the treatment, eliminating excess toxins. For an effective result a cycle of 6 sessions alternating with modelling treatments is advised.

⌚ 50' € 70,00

ANTI-AGE FACE/BODY TREATMENT

A multi-sensory ritual with a marked anti-age function exclusively for body and face. An exfoliating phase based on aloe and apricot micro-granules followed by a soft honey wrap. This splendid ritual is finished off with a face treatment containing anti-oxidant raw materials reinforced by a sensory face and body massage.

⌚ 80' € 110,00

HAND AND FOOT BEAUTY *and* HAIR REMOVAL

NERÓ SPA FOOT RITUAL

A full blown foot beauty and wellness ritual for your feet, an expert combination of specific massage and a red carpet-proof pedicure.

⌚ 80' € 75,00

NERÓ SPA HAND RITUAL

To give your hands a treat and restore suppleness and moisture to your skin. Products chosen in accordance with individual skin needs to give new beauty to your hands.

⌚ 50' € 55,00

HAND AND FOOT HEALTH

Manicure	⌚ 50'	€ 40,00
Pedicure	⌚ 50'	€ 40,00
Nail laquer change		€ 10,00

HAIR REMOVAL

Face	€ 10,00
Underarms	€ 10,00
Arms	€ 20,00
Bikini line	bikini area € 15,00 full bikini € 25,00
Legs	partial € 20,00 full € 30,00
Full hair removal	€ 50,00

NERÓ SPA MUD THERAPY RITUAL

The new Neró Spa mud therapy experience blends Euganean Hills' thermal mud and water, fine oils, and masterful massage techniques in a perfect combination of tradition and innovation. A different way to enjoy the beneficial effects of our territory's elements.

Our specialists will help you choose the best formula for you.

NERÓ SPA

DE-STRESSING

MUD THERAPY RITUAL

The organic arnica montana macerated oil applied before the mud and thermal bath enhances its anti-inflammatory, anti-rheumatic, and analgesic properties. Ideal for sports people and anyone with pain, contractures, and muscle fatigue. The 80-minute treatment is completed by an anti-fatigue massage, giving you a sweet sensation of relaxation and wellbeing.

DURATION

- ⌚ 50 minutes
- ⌚ 80 minutes
+ anti-fatigue/relaxing massage

TECHNIQUES

acupressure, mud wrap, thermal bath.

50 minutes € 75,00
80 minutes € 105,00

NERÓ SPA

ENERGISING

MUD THERAPY RITUAL

This treatment combines *Ku Nye* Tibetan massage techniques and the properties of Flow oil with fruit, wood, and flower extracts for a boost of energy and mental wellbeing. The pleasant warmth and beneficial properties of the mud and thermal water are a treat for your mind and body. The 80-minute treatment is completed by a toning massage with sweet orange extracts.

DURATION

- ⌚ 50 minutes
- ⌚ 80 minutes
+ toning/energising massage

TECHNIQUES

Ku Nye, mud wrap, thermal bath.

50 minutes € 75,00
80 minutes € 105,00





NERÓ SPA DETOXIFYING MUD THERAPY RITUAL

Detox your body with this circulation-boosting treatment combining thermal mud and *Dren* oil with birch, juniper, and myrtle leaf extracts, followed by a thermal water bath. The 80-minute treatment is completed and enhanced by a lymphatic drainage massage with eucalyptus essential oils, which reduces stagnant fluids and toxin build-up.

DURATION

- ⌚ 50 minutes
- ⌚ 80 minutes
+ lymphatic drainage massage

TECHNIQUES

lymphatic drainage, mud wrap, thermal bath.

50 minutes € 75,00
80 minutes € 105,00



NERÓ SPA ANTI-AGEING MUD THERAPY RITUAL

This treatment goes beyond simple skin care. The *Restive* oil, with fine wheat germ oil, Bois de Rose essential oil, and vitamin E, has a restorative effect enhanced by our thermal mud, which brings all the active ingredients deep down into the skin, preparing it for the remineralising properties of our thermal water. The 80-minute treatment is completed by a deep tissue massage, which tones both skin and muscles for an instant anti-ageing effect.

DURATION

- ⌚ 50 minutes
- ⌚ 80 minutes
+ deep tissue massage

TECHNIQUES

deep tissue massage,
mud wrap, thermal bath.

50 minutes € 75,00
80 minutes € 105,00

NERÓ SPA ETIQUETTE

OPENING TIME

NERÓ SPA is open daily for massages and treatments from 8 a.m. to 8 p.m.

INFO AND BOOKINGS

- NERÓ SPA is a wellness place in which an atmosphere of peace and relaxation reigns. For this reason access to the Spa works on a **fixed number basis**, guaranteeing privacy and peace and quiet for all guests.
- We recommend **booking treatments in advance** to ensure availability at your preferred time, by calling the number +39 049 793477 or writing to nerospa@termepreistoriche.it
- You are advised to get to your appointment **15 minutes early** in order to give you the time you need to find your way around and explore our spaces.
- We ask you to let us know by phone **in the event that you are late** for your appointment in which case we will try to provide the full service all the same. Where we are not notified the length of the treatment will be reduced.
- To **cancel or change your appointment** please let us know at least 24 hours in advance. For cancellations after this and up to 2 hours before your appointment, 50% of the massage or treatment cost will be charged. In the absence of cancellations within this time period and for **no shows**, the entire cost of the service will be charged.

WELCOME KIT

- If you do not already have one, a towel and bathrobe will be provided.
- The locker rooms are at your disposal and equipped with comfortable lockers, showers and hair dryers.

TEEN

- We do not perform treatments on the under 12s.
- For children aged 12 to 18 the presence of an adult in the cabin is obligatory.

SPA RULES

- You are asked to speak quietly and **keep the cell phone on silent mode**.
- Access is allowed for those over 16 years of age.
- **Swimming costumes are obligatory**.
- You are advised not to wear watches and jewellery at NERÓ SPA. We are sorry that we cannot be held responsible for any sort of damage to, or loss of, valuable personal objects. At your discretion, **safes** are available at the entrance to the changing rooms.
- We recommend you come to the spa without make-up in order to facilitate deep cleansing of your skin.



2023



TERME PREISTORICHE
RESORT & SPA

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