



*Centro Benessere
Negombo*

Ischia

Massage

Romantic Massage 60' € 140,00

Couple massage, Same Room Same Time

Californian Massage 60'-90' € 80,00/120,00

Sensory massage

Hawaiano Lomi Lomi Nui 50' € 80,00

*The rhythm of the sea waves
to balance body, mind and spirit*

The Envy of the Gods 50' € 80,00

*Relaxing and draining massage
with hot pads*

Aromatic Massage 50' € 65,00

Synergy of essential oils

Thai 50' € 65,00

Stretching and finger pressure

Therapeutic 30' € 40,00

Localized decontracting massage

Circulatory Massage 30' € 40,00

Reactivates circulation

Combined massage 40' € 70,00

Personalized mixed technique

Reflexology 30' € 50,00

Plantar finger pressure

Lymphatic drainage 60'-30' € 70,00/40,00

Anti-cellulitis massage 30' € 40,00

Ayurvedic Massages

Abhyangam 50' € 65,00

Relaxing ayurvedic technique

Murhyabhyangam 50' € 65,00

*Treatment for joint
and muscle chains (prana stretching)*

Mardana 80' € 110,00

Mixed technique

Kalari Marma 50' € 80,00

Energizing ayurvedic sport technique

Mukashiroabhyangam 40' € 65,00

Indian technique for the face, head and hair

Shirodhara 90' € 150,00

*Relaxing massage with continuous flow
of hot oil on the head*

Face & Body

*Specific treatments for the face and the body
with our natural products from the "Adria" line.*

Personalized packages with free expert advice on request.

Deep Manual Cleansing 50' € 60,00

Cleansing with Ultrasound 40' € 60,00

**Ultrasound Cleansing
and Treatment** 70' € 110,00

Facial treatment with LPG 60' € 90,00

Customized face masks 30' € 30,00



Adria Termale		
Lifting Effect Treatment	70'	€ 100,00
Lifting Mask Treatment	30'	€ 55,00
Anti-age Treatment “matricol”	50'	€ 70,00
<i>With collagen</i>		
Firming face treatment with caviar	50'	€ 70,00
Hydrating face treatment with soya	50'	€ 70,00
Elasticity face treatment “blue mask”	50'	€ 70,00
Face lymphatic drainage	30'	€ 30,00
Negombo peeling	40'	€ 50,00
<i>Body scrub with natural products</i>		
Saline massage	50'	€ 60,00
<i>Draining scrub</i>		
Berber treatment with argan oil	80'	€ 90,00
<i>Body and face cleansing arabic ritual</i>		
Anti-cellulitis mud	30'	€ 25,00
Estetica		
Manicure		€ 20,00
Semipermanent		€ 40,00
Gel casting		€ 60,00

Nail reconstruction	€ 80,00
Pedicure	€ 20,00
Therapeutical pedicure	€ 50,00
Full epilation	€ 45,00
<i>Lower part, groin included</i>	
Facial epilation	€ 12,00
<i>Upper lip and eyebrows</i>	
Groin epilation	€ 20,00
Legs epilation	€ 20,00
Thighs epilation	€ 20,00
Arms epilation	€ 20,00
Back epilation	€ 40,00
Specialistic	
Medical examination	€ 50,00
Dermatological examination	€ 100,00
Cardiological examination	€ 100,00
ECCG	€ 50,00
General internistic examination	€ 80,00
Skin lesion and mole removal	€ 300,00
Criotherapy with liquid nitrogen	€ 100,00
Skin mole check with epiluminescence	€ 150,00
Aerosol or inhalation	€ 10,00



Aerosol or medicinal inhalation € 14,00

Compulsory medical examination

Physiotherapy € 45,00

Single session

Idrokinesytherapy € 70,00

Cryotherapy € 20,00

Kinesiotaping € 25,00

Instrumental

On request personalized packages with free expert advice

Therapeutic LPG € 120,00

Single session 50'

Cosmetic LPG € 100,00

Single session 40'

UVB lamp € 18,00

Curative radiofrequency € 30,00

Single session

Cosmetic radiofrequency € 70,00

Single session

Compex electrostimulation € 15,00

Infrared /Ultrasound € 45,00

Magnetotherapy € 20,00

Ionophoresis € 10,00

TENS therapy € 10,00

Packages

Packages are for personal use and are valid for a week

Ayurvedic 5 sessions € 320,00

Relaxation 3 sessions € 200,00

Anti-stress

Californian

Hawaiian

Therapeutic 3 sessions € 135,00

Therapeutic

Thai

Circulatory

Circulatory 3 sessions € 115,00

Circulatory massage

Cool therapy

Saline massage

Facial well-being 3 sessions € 140,00

Facial cleansing

Customized mask

Customized facial treatment

Final touches 4 sessions € 90,00

Facial epilation

Full epilation

Manicure

Pedicure

health director dr. Gabriele Carrino

Adria Creams

LINE FOR THE FACE

Cleansing milk	250 ml	€ 25,00
Tonic with hyaluronic acid	250 ml	€ 20,00
Nourishing moisturizing mask	250 ml	€ 30,00
Anti-age mask	250 ml	€ 35,00
Purifying mask	250 ml	€ 30,00
Gel mask for sensitive skins	250 ml	€ 30,00
Thermal mud mask	150 ml	€ 20,00
Pure Argan oil	30 ml	€ 30,00
Moisturizing cream	50 ml	€ 30,00
Anti-age cream	50 ml	€ 35,00

LINE FOR THE BODY

Regenerating body cream	200 ml	€ 40,00
Sweet almond cream	200 ml	€ 30,00
Anti-cellulitis cream	200 ml	€ 40,00
Anti-cellulitis mud	350 ml	€ 30,00

LINE OF EXFOLIATING PRODUCTS

Facial scrub	250 ml	€ 25,00
Asian Scrub	220 ml	€ 25,00
Indian Scrub	220 ml	€ 25,00
Saline massage	220 ml	€ 30,00

SOLAR LINE

Sun milk cream SPF 8	200 ml	€ 20,00
Sun milk cream SPF 25	200 ml	€ 22,00
Sun milk cream SPF 50	200 ml	€ 25,00
After sun gel with aloe	200 ml	€ 15,00
Super tanning lipogel with activator	200 ml	€ 24,00





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