

# CRYOTHERAPY BENEFITS

## **SLIM**

ACCELERATES THE METABOLISM  
FACILITATES WEIGHT LOSS  
BURNS UP TO 600KCAL

## **PERFORMANCE**

ENHANCES SPORTS PERFORMANCE  
REDUCES RECOVERY TIME  
INCREASES ENERGY CAPACITY

## **CIRCULATION**

STIMULATES THE RELEASE OF ENDORPHINS  
IMPROVES CIRCULATION, REDUCES THE  
SIGNS OF CAPILLARIES AND VARICOSE VEINS

## **ANTI-CELLULITE**

FIGHTS THE IMPERFECTIONS OF CELLULITE  
IMPROVES THE LYMPHATIC FLOW  
TONES THE SKIN

## **DETOX**

REDUCES OXIDATIVE STRESS  
FACILITATES THE ELIMINATION OF TOXINS  
REDUCES PAIN AND INFLAMMATION

## **ANTIAGE**

FIGHTS FREE RADICALS  
IMMUNE SYSTEM BOOST

terme di  
**SATURNIA**

NATURAL DESTINATION



NATURAL DESTINATION

## CRYOTHERAPY TOTAL BODY

You will stay in a cold chamber with temperatures ranging from -85 ° C to -95 ° C for a time interval between 2 and 4 minutes. Cooling in the short term promotes many positive reactions in the body thanks to the greater circulatory response of blood and lymphatic flow.

*The treatment is indicated for:*

- Reduce muscle and joint pain and inflammation
- Increase sports performance and reduce recovery times
- Facilitate weight loss and improve body composition
- Burn up to 600Kcal per single session and accelerate the basal metabolism
- Rejuvenate the appearance of the skin thanks to an increased production of collagen
- Improve circulation and drainage of the lower limbs
- Detoxify and reduce oxidative stress
- Improve mood and mental well-being

### SINGLE SESSION

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One person	60 €
Couple	100 €

### PASS UNLIMITED

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Unlimited Bronze	<b>1</b> month	600 €	Unlimited Platinum	<b>12</b> months	3.000 €
Unlimited Silver	<b>3</b> months	1.200 €	Unlimited Club Members	<b>12</b> months	1.500 €
Unlimited Gold	<b>6</b> months	1.800 €			

### DAY SPA HOT SPRING POOLS

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<b>1</b> daily entrance + <b>1</b> mud self-treatment + cryotherapy	<b>1 person</b>	105 €
<b>2</b> daily entrances + <b>2</b> mud self-treatments + cryotherapy	<b>couple</b>	175 €

### DAY SPA CLUB

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<b>1</b> daily entrance + <b>1</b> mud self-treatment + cryotherapy	<b>1 person</b>	160 €
<b>2</b> daily entrances + <b>2</b> mud self-treatments + cryotherapy	<b>couple</b>	270 €

*Minimum age: 18 y.o - Maximum age 75 y.o.*

*Admission allowed only in the presence of an operator after signing the informed consent.*

*Contraindications: hypersensitivity to cold, pregnancy, arteriopathies, Raynaud's disease, cardiovascular, acute and subacute disease, arterial hypertension.*