EGO my fitness

EGO MY FITNESS
Your private and equipped gym area with excellence Technogym®

A space dedicated to you and your leisure, so you do not have to give up on your daily training or release the stress of the day. After your workout, regenerate yourself with a steam bath or relax in the pool. You can benefit from all the comfort of our wellness area.

EGO My Fitness is open every day from 10 am to midnight *(by appointment)*.

HARMONY & RELAX
sauna and steam room
Relax and purification

WELLNESS TIME
emotional shower
Harmony of lights, colors and scents

ENERGY ICE
ice waterfall
Moments of pure freshness

BODY AND MIND
fitness area and relax area
The best Technogym® equipment

POWER OF WATER
pool and whirlpool
The positive energy of water

BEAUTY MOMENTS
facial and body treatments
Massages or customized treatments

Packages WELLNESS+GYM

Discover EGO My Fitness Entry Packages. Choose among the options proposed, the one that suits you. Admission valid for one person, also provides access to the wellness area.

Valid for **1 ticket**: € 35,00 *vat included*
Valid for **2 tickets**: € 69,00 *vat included*
Valid for **5 tickets**: € 159,00 *vat included*
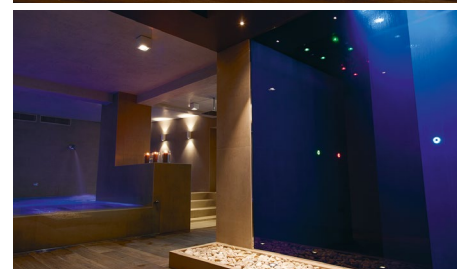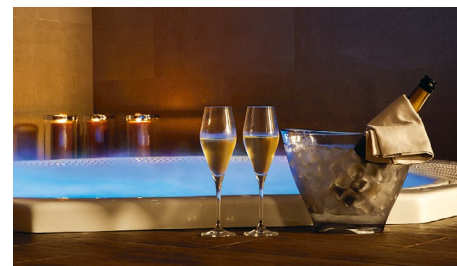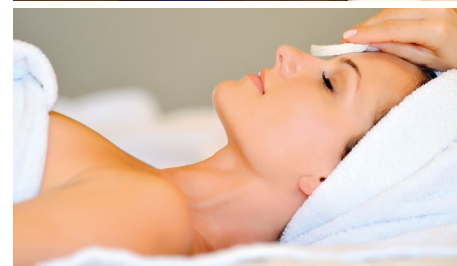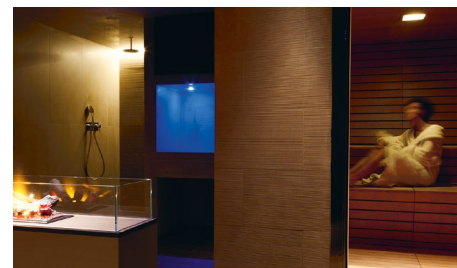Valid for **10 tickets**: € 304,00 *vat included*
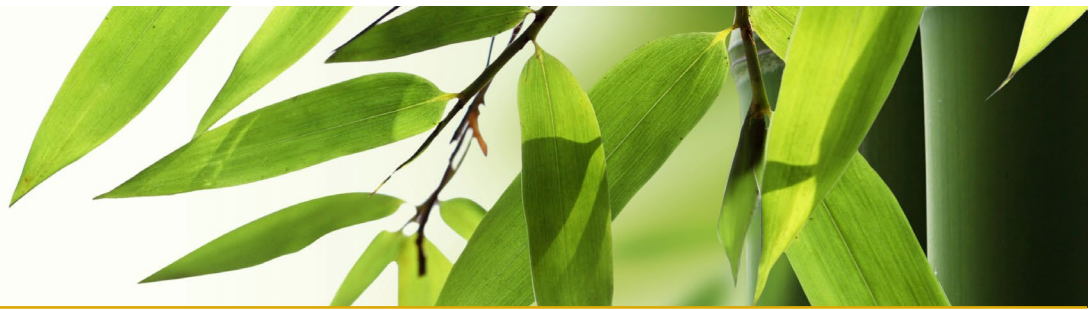
Lunch time WELLNESS+GYM and Light Lunch

All the comfort of a new fitness area, together with the technology of the best Technogym® equipment at any time of the day, even during the lunch break.
Optimizes the time without sacrificing your Wellness, discover our **solutions Light Lunch** dedicated to you. Our Chef will propose refined light dishes, made with quality products.

Treatments and Massage

Treat yourself to moments of comfort and relaxation, discover our treatments to regenerate your body after exercise. On the following page you'll find our wellness packages dedicated to you. All treatments can be booked by appointment from 4 pm to 9.30 pm, every day except on Sundays.

EGO HOTEL

EGO
my wellness

BEAUTY MOMENTS
Face and body treatments, massages and wellness packages

You will find moments of well-being to live intensely, to find the right harmony and to best relax in every moment of the day. A customized experience, in an environment designed to provide the utmost privacy.

EGO My Wellness is open every day **from 10 am to midnight** *(by appointment)*.
The daily rate **€ 35.00** per person includes the use of the changing room, bath towels and personal locker.

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Massages or customized treatments

Face and Body Treatments

Face Oxygenation	€ 55.00 *(60 min)*
Face regenerating treatment	€ 65.00 *(60 min)*
Face deep regeneration	€ 75.00 *(60 min)*
New face and body skin	€ 60.00 *(60 min)*

Body treatments

Thalassotherapy	€ 85.00 *(90 min)*
Modelling, draining and toning	€ 85.00 *(90 min)*
Peat thermal mud	€ 80.00 *(60 min)*

Body treatments

Total relaxation	€ 55.00 *(50 min)*
Balancing action	€ 65.00 *(60 min)*
Back wellness	€ 35.00 *(20 min)*
New mom pampering	€ 55.00 *(60 min)*

Cosmetic Treatments

Manicure	€ 25.00 *(30 min)*
Pedicure	€ 35.00 *(60 min)*
Manicure EGO *(with peeling and nourishing mask)*	€ 35.00 *(45 min)*
Pedicure EGO *(with peeling and nourishing mask)*	€ 45.00 *(70 min)*
Hair removal	from € 35.00 *(50 min)*

EGO My Fitness

The excellence and technology of the best Technogym® equipment, so you do not have to give up on your daily training or release the stress of the day.
After your workout, regenerate yourself with a steam bath or relax in the pool.

Wellness Packages

EGO Velvet € 180,00 *(120 min)*
For a soft and regenerated skin, grape must body peeling, regenerating massage with pack and brightening facial treatment.

EGO Silk € 150,00 *(90 min)*
Tone and hydrate your body with thalassotherapy featuring draining massage to discover the benefits of seaweeds.

All treatments can be booked by appointment from 4 pm to 9.30 pm, every day except on Sunday.

EGO
HOTEL