



ELYSIUM

— WELLNESS & SPA —

Where time **slows down**...

...and wellness becomes **eternal**



## WELCOME TO ELYSIUM WELLNESS & SPA

An exclusive oasis of regeneration and beauty, nestled in the green heart of Umbria, just a few kilometers from Orvieto.

Elysium it's a place where time slows down, the senses awaken, and every detail is designed to bring balance to body, mind, and soul.

The name "Elysium," inspired by the Elysian Fields of Greek mythology, evokes a realm of eternal harmony, serenity, and perfection, our promise to every guest who enters.



# WHY CHOOSE ELYSIUM WELLNESS & SPA

Unique in its kind, Elysium is a refined wellness center nestled in unspoiled nature, where luxury and tranquility merge to offer authentic and memorable experiences.

## **PERSONALIZED WELCOME**

From the very first moment, guests are welcomed by a professional and attentive team, ready to cater to every need with discretion and warmth. Every wellness journey is tailored to individual desires, ensuring a unique and exclusive experience.

## **TAILOR-MADE TREATMENTS**

Massages, body rituals, facial care and sensory experiences, each crafted according to your skin type and personal goals. Every touch, every scent, every product is selected to maximize results and holistic wellbeing.

## **SOOTHING AND ENVELOPING ATMOSPHERES**

Elegant rooms, soft lighting, aromatherapy, ambient music and modern technology create an atmosphere of total comfort. The relaxation area, emotional showers, salt room, and spa circuits complete your wellness journey.

## **PRIVACY E COMFORT**

Exclusive wellness paths designed for intimate and rejuvenating moments. Perfect for those seeking to carve out precious time for themselves.

# OUR SERVICES

At Elysium Wellness & Spa, each experience is designed to leave a lasting impression. These are not just treatments, but true rituals dedicated to total regeneration.



## PERSONALIZED MESSAGES

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Techniques crafted to guide each guest toward their ideal state of wellness. From soft and relaxing touches to deeper stimulation, every massage is a rejuvenating journey.

## FACIAL AND BODY TREATMENTS

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Your skin is pampered with natural and organic products, chosen to work in harmony with the body's rhythms, delivering visible results and long-lasting hydration.

## MULTISENSORY RITUALS

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A blend of treatments combining aromatherapy, expert touch, and evocative settings for a break that engages all five senses.

## SPA CIRCUIT

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Finnish sauna, Turkish bath, emotional showers, ice waterfall, salt room, and relaxation area, each designed to restore balance and renewal.

## PRIVATE EXPERIENCE

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Exclusive moments for two, with full privacy and access to our panoramic spa.



## TO COMPLETE THE EXPERIENCE

Herbal tea corner with detox infusions

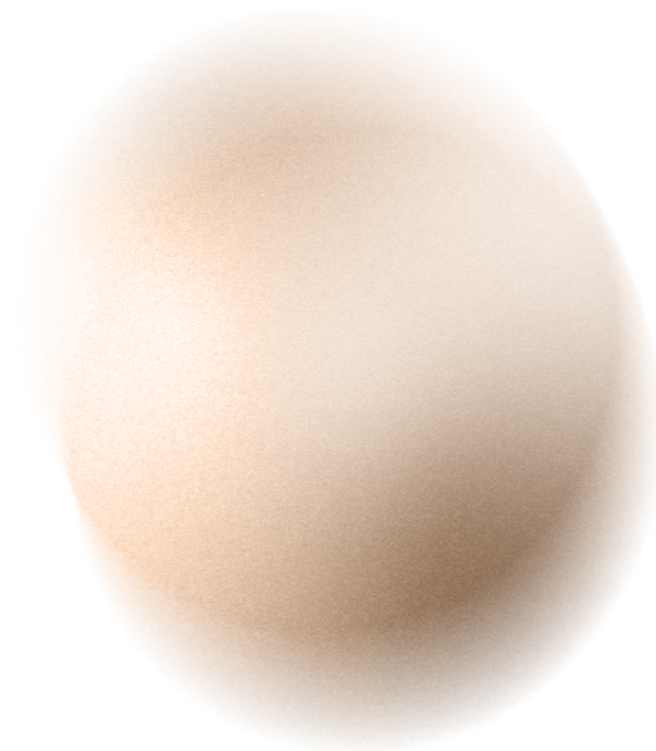
Beauty area and customized make-up

Quiet lounges overlooking hectares of Umbrian countryside

Every gesture is designed to make you feel unique. Each treatment invites you to slow down, reconnect with yourself, and leave behind the chaos of everyday life.

Let yourself be guided on your own personal journey of renewal:

Elysium is more than a spa, it's a state of mind.



# OUR FACILITIES

## **FINNISH SAUNA**

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A sanctuary of dry heat and serene silence. Perfect for flushing out toxins, relaxing muscles and enhancing circulation, our sauna delivers a deeply rejuvenating experience.

## **TURKISH BATH**

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Warm steam blended with natural essences purifies the skin and promotes respiratory relaxation. A detox moment perfect to begin or end your wellness ritual.

## **EMOTIONAL SHOWERS**

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A sensory journey through light, fragrance, and jets of water at alternating temperatures. Each shower is designed to awaken body and mind with a refreshing and energizing effect.

## **SALT ROOM**

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A halotherapy space where breathing in saline air promotes respiratory wellbeing and mental calm. A relaxing and beneficial experience, inspired by nature.

## **ICE WATERFALL**

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Following heat, cold stimulates microcirculation and gives a pleasant feeling of invigoration. Ideal to tone the body and complete your thermal path.

## **OUTDOOR AREA WITH PANORAMIC SAUNA AND JACUZZI**

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A new addition designed for a more immersive experience: sauna and jacuzzi under the open sky, overlooking the rolling valley. A moment of pure wonder, even in the elements.



Let yourself be transported into a world where wellness is everywhere: in the air, in the water, in the light. Where every space speaks of relaxation and every breath becomes lighter. Elysium is all of this, and much more.



## ELYSIUM MESSAGES

Each massage is a sacred moment, designed to meet the needs of your body and mind. Using selected essential oils and expert techniques, every treatment becomes a journey of renewal.

## RELAXING ANTI-STRESS MASSAGE

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*50 min – €65,00*

A soothing massage using slow, gentle pressure to promote physical and mental relaxation. Lavender essential oil melts away tension, calms the mind and restores inner harmony.

## LYMPHATIC DRAINAGE MASSAGE

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*50 min – €70,00*

A gentle, focused technique that stimulates lymphatic flow, helping eliminate excess fluids and toxins. Infused with rosemary and mint essences for a deep feeling of freshness.

## ANTI JET-LAG MASSAGE

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*50 min – €70,00*

Perfect for travelers or those with hectic schedules. This deep massage works the muscle bands to rebalance energy, ease tension, and bring a renewed sense of lightness.

## AYURVEDICO ABHYANGA MASSAGE

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*60 min – €90,00*

Inspired by Indian tradition: warm sesame oil and rhythmic strokes harmonize the chakras, stimulate circulation, and reduce stress and premature aging.

## DEEPTISSUE MASSAGE

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*50 min – €75,00*

Intense, targeted techniques release deep-seated muscle tension, improve flexibility, and bring immediate physical relief.

## AROMATHERAPY MASSAGE

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*50 min – €70,00*

An olfactory experience featuring pure essential oils and enveloping massage techniques. It awakens emotions and restores balance and regeneration.

## HOT CANDLE MASSAGE

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*50 min – €80,00*

Plant-based oils and natural butters melt at the perfect temperature to deeply nourish the skin, leaving it soft and silky. Ideal for relieving muscle tension, promoting relaxation, and offering a profound sense of well-being.

## "THIRTY" TARGETED MASSAGE

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*30 min – €40,00*

Focused back or leg treatment to ease localized tension. Energetic strokes for instant muscle relief.

## FOOT REFLEXOLOGY

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*30 min – €45,00*

Stimulates specific foot points linked to internal organs to restore physical, mental, and energetic balance.



## ELYSIUM FACIAL TREATMENTS

Elysium Wellness exclusively uses the Mei phytocosmetic line, The Best Italian Herbs, to guarantee a fully natural skincare experience, free from synthetic ingredients and rich in effectiveness.

## ANTI AGE TREATMENT

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*50 min – €80,00*

A complete facial using serum and cream enriched with argan oil and plant-based hyaluronic acid. It firms, brightens, and visibly smooths the skin. Thanks to colloidal silver, it revitalizes dull complexions. Ideal to regenerate tired skin and combat signs of aging.

## DETOX TREATMENT

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*50 min – €70,00*

A powerful purifying treatment, ideal for combination or impure skin. South American quebracho bark and propolis cleanse, regenerate, and refine skin texture. Includes exfoliation, a mask, and a balancing and toning massage. Also recommended for men.

## ROSEMEI

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*50 min – €75,00*

A tribute to sensitive, irritated, or reactive skin. This treatment uses wild Persian rose essential oil, known for its calming, hydrating, and soothing properties. Also perfect for young skin, preserving softness and lasting glow.

## NUTRITIVE TREATMENT

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*50 min – €75,00*

An intensive ritual featuring tamanu and macadamia oils, ideal for dry, dehydrated, or stressed skin. Following gentle exfoliation, a vitamin-rich serum and nourishing helichrysum-based cream are applied. Leaves skin deeply nourished, radiant, and supple from the very first session.



## ELYSIUM BODY RITUALS

Each body ritual is an invitation to reconnect with oneself through revitalizing gestures, natural ingredients, and enveloping atmospheres. A sensorial journey that renews the skin, stimulates circulation, and restores inner harmony.

## MEI BEAUTY BOTANICAL TREATMENT

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*50 min – €70,00*

A special treatment designed to eliminate the toxins that accumulate daily on the skin—smog, pollutants, and more. Perfect for renewing and detoxifying the skin, leaving you instantly toned and revitalized. The ritual includes a Botanical Peeling with absorbent Green Clay, Relax Oil enriched with toning Horsetail extract, and finishes with the deeply hydrating and nourishing Botanical Body Cream.

## START UP TREATMENT - CATAPLASM

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Draining, anti-cellulite and body-shaping

*Legs, abdomen and glutes / 50 min – €70,00*

*Full body / 80 min – €80,00*

An intensive wrap using marine algae that works through osmosis, helping eliminate toxins, deeply hydrate, and rebalance the tissues. Ideal for those seeking a complete, natural detox. Concludes with the application of a draining synergy with toning and balancing effects.

## AD+ MEI INTENSIVE WRAP TREATMENT

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- Draining: Dead Sea Salt and Birch
- Toning: Eucalyptus, Ivy and Menthol
- Slimming: Siberian Ginseng and Green Coffee

*50 min – €70,00*

A treatment that combines natural active ingredients. Thanks to the application of bandages soaked in functional botanical extracts, it helps reduce the appearance of cellulite and promotes a sense of lightness and overall body wellness.



# LUXURY TREATMENTS

## GOLDEN RITUAL OF THE MEDITERRANEAN

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*50 min – €90,00*

A true sensorial journey through the scents and healing properties of Mediterranean botanicals, this ritual offers a complete wellness experience for body and mind. Featuring precious ingredients like olive oil, myrtle, and aloe vera juice, the treatment revitalizes the skin, restores energy, and leaves a lasting feeling of freshness. Designed for both face and body, it delivers toning, radiance, and deep nourishment. A unique experience that celebrates the natural richness and beauty of Sardinia.

## PERSIAN ROSE RITUAL – BODY & FACE

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*100 min – €120,00*

An exclusive ritual combining an aromatherapy massage with the "Persian Rose" facial. The body is rebalanced through targeted touches that stimulate vital energy, while the face glows with the soothing benefits of Persian rose. A holistic embrace of beauty and wellness.

## DOLCE VITA RITUAL

Relaxing and Illuminating

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*50 min – €80,00*

Let yourself be enveloped by the essential oils of Sweet Orange and Lemon in this special treatment that restores exceptional radiance and firmness to the skin, thanks to the synergy of refined Mei Spa products. The ritual begins with the Dolce Vita scrub made from delicate sugar microspheres, followed by an elasticizing massage using Balance Oil infused with citrus essential oils. The final touch is the application of the silky Sweet Orange Cream, offering unforgettable moments of wellness and sensory pleasure.

## UNDER THE SALT RITUAL

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Toning, revitalizing and draining

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*50 min – €80,00*

A boost of vitality and a unique recharge, thanks to the detoxifying power of Sicilian sea salt, enhanced by wild Peppermint essential oil from Piedmont. The synergy with Green Tea plant extracts and Ginseng root delivers a strong toning and firming effect. An exclusive ritual that also provides a deeply relaxing and anti-stress action.

## ROMANTIC RETREAT IN THE GROVE

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*50 min – €150,00*

A one-of-a-kind moment to share: a couple's massage immersed in the quiet of nature, surrounded by forest aromas and relaxing countryside sounds. Two therapists move in perfect harmony, creating a deeply emotional experience in a romantic outdoor setting.

## DELUXE PACKAGE – COUPLE JOURNEY

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*90 min – €65,00 per person*

An exclusive spa journey for two, enhanced by a fresh fruit platter and sparkling wine. A private, refined experience dedicated to shared relaxation.

## MINI CUDDLES

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*30 min – €45,00*

A brief yet revitalizing treatment combining a leg and foot scrub with a relaxing grapeseed oil massage. Perfect for a quick wellness break.

## FACE MASSAGE EXPERIENCE

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*25 min – €40,00*

A quick yet effective treatment to refresh and tone facial features. Perfect for an instant glow and deep relaxation.

## BEAUTY SERVICES

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Beauty cabin available upon request. Hairdresser service available by appointment.

# SPA RELAX EXPERIENCE

## WELLNESS PATHS AND SERVICES

### INDOOR SPA CIRCUIT

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€30,00 per person

A complete wellness experience inside our indoor SPA, perfect for enjoying a moment of relaxation surrounded by quiet and regenerating warmth.

## OUTDOOR SAUNA & JACUZZI

### EXPERIENCES AVAILABLE BY RESERVATION

#### OUTDOOR SAUNA

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€20.00 per person (minimum 2 people)

Access to our outdoor sauna, for a dry-heat experience in close contact with nature — ideal to enjoy as a couple or with friends.

#### PRIVATE COUPLE'S SAUNA

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€40,00 per couple

Exclusive access to the outdoor sauna reserved for two, to share a moment of total privacy and deep relaxation.

#### PRIVATE SAUNA FOR 4-5 PEOPLE

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€80,00 per booking

Exclusive use of the outdoor sauna for small groups (4–5 people), perfect for experiencing a private wellness ritual together.

#### OUTDOOR JACUZZI

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€40,00

Outdoor whirlpool tub available from November to April, by reservation with 4 hours' notice.  
In combination with the sauna: **€25,00** • free during the other months •

#### FULL PACKAGE - IDNOOR SPA + OUTDOOR SPA

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€45.00 per person (minimum 2 people)

Combined access to both the indoor SPA and the outdoor area, for a complete wellness experience to enjoy as a couple or with friends.



# MAKE-UP WEDDING EXPERIENCE

## BRIDAL PACKAGES

### LEVEL ONE

€350,00

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A dedicated service for brides-to-be who want to look flawless on their big day. Includes:

- A professional makeup trial with in-depth face analysis and dedicated skincare;
- Wedding day makeup application using high-performance products;
- Exclusive SPA access for the couple, to begin the day with relaxation and harmony.

### ALL INCLUSIVE

€450,00

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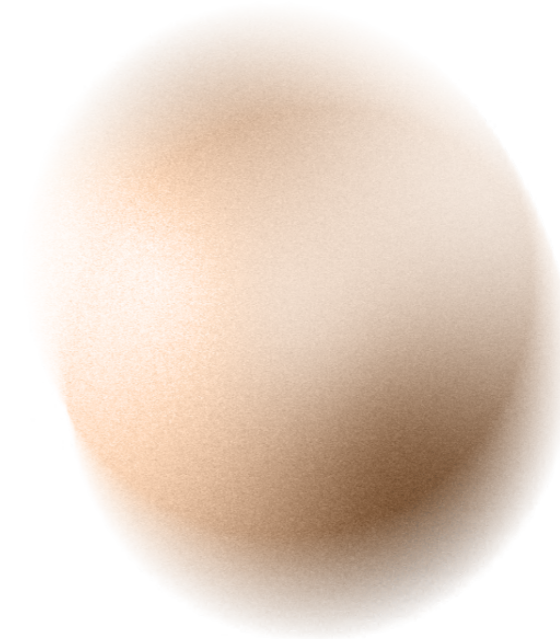
The complete package for radiant beauty, taken care of in every detail. Includes:

- A professional makeup trial with personalized skincare;
- Wedding day makeup;
- Manicure and pedicure with semi-permanent polish;
- Exclusive SPA access for the couple.

### ADDITIONAL SERVICES

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- Bridesmaids' and guests' makeup (upon request)
- Bridal hairstyling (upon request)
- Bridesmaids' hairstyling – €150.00 each



# HIGH-TECH AESTHETICS TREATMENTS

## ULTRASKIN - ULTRASONIC SPATULA EXFOLIATING TREATMENT

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€60,00

A gentle yet deep exfoliation using ultrasonic technology. Suitable for all skin types, this treatment purifies pores, removes dead cells, and promotes cellular renewal, leaving your skin smooth, fresh, and radiant.

## RADIOFREQUENCY FACE/BODY TREATMENT

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€60,00

A non-invasive treatment that improves skin tone and elasticity. Ideal for targeting aging signs, laxity, and imperfections. It stimulates collagen and elastin production, leaving the skin firmer, smoother, and more youthful on both face and body.

## SCULPTURE — BODY TREATMENT WITH ACOUSTIC WAVES

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€60,00

A cutting-edge treatment that uses acoustic wave technology to reshape the silhouette. It breaks down localized fat deposits, visibly reduces cellulite, and boosts microcirculation and lymphatic drainage. Perfect for smoother, more toned, and harmonized skin.

# SPA POLICY

**TO ENSURE A HARMONIOUS AND RELAXING EXPERIENCE FOR ALL OUR GUESTS,  
PLEASE READ OUR GUIDELINES**

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- All services are available only by prior reservation. We recommend contacting us in advance to secure your preferred time.
- Please arrive at least 10 minutes before your scheduled treatment to allow for a calm and unhurried welcome.
- To maximize the benefits of face and body treatments, we advise not removing the applied products immediately, let them absorb for at least one hour.

Thank you for your cooperation and for helping us maintain the relaxing and respectful atmosphere that defines Elysium Wellness & Spa.

# GENERAL INFORMATION & REGULATIONS

## SPA OPENING HOURS

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Open daily from 10:00 AM to 7:00 PM

Fridays and Saturdays: 10:00 AM to 8:00 PM

## ENTRY SLOTS:

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*10:00 - 11:30*

*11:30 - 13:00*

*13:00 - 14:30*

*14:30 - 16:00*

*16:00 - 17:30*

*17:30 - 19:00*

## SPA CIRCUIT

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*€30,00 per person*

*Duration: 60 minutes*

Includes: Courtesy kit with bathrobe, slippers, and towel.

Maximum 4–6 guests per time slot.

Swimwear is mandatory.

## RESERVATIONS

To access the SPA circuit or book a treatment, please make a reservation a few days in advance.

Guests are kindly requested to arrive at least 10 minutes before their scheduled appointment.

Late arrivals may result in a shortened treatment time out of respect for the next scheduled guests.

## USEFUL TIPS

To enhance the benefits of face and body treatments, we suggest leaving the applied products on for at least one hour after your session.

## HEALTH CONDITIONS

If you have any medical conditions or are pregnant, we recommend consulting your doctor before booking any treatments.

## CANCELLATION POLICY

If you miss your appointment or cancel after 6:00 PM on the day prior, 50% of the booked service will be charged.

# THE IDEAL PLACE TO RECONNECT WITH YOURSELF.

A wellness haven surrounded by nature, where time slows down, the senses awaken, and the soul is renewed.

Let yourself be embraced by stillness, authentic beauty, and profound care.

At Elysium Wellness & SPA, every moment is designed to make you feel truly well.

