



VILLA MARINA CAPRI
STAI SPA

The pleasure of loving oneself









Stai SPA: Our Philosophy

Pursuing excellence is our daily mission in the oasis of peace STAI SPA at “Villa Marina Hotel” with unique and exclusive stays in the name of absolute well-being and relaxation.

Our added values have always been comfort, a welcoming attitude, strong attention to detail and our team of highly trained leading therapists, providing customers with personalised attention - while the unique colours of the sea and the enchanting scenery of the Gulf of Naples turn into the background of a memorable stay. Capri is the ideal choice for unforgettable moments of well-being, in contact with the nature and the irresistible charm of an island all to be experienced.

Our team of leading therapists is waiting for you, ready to offer a unique holiday atmosphere.

“Massage is an extremely subtle art, it requires not only skill and technique, but also a deep passion and a lot of love. As painters paint on canvas with brushes, we express ourselves on the body with oil”.

Rosaria Ascione
Senior Therapist and Pranotherapist



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The Exclusive Collection Signed Stai Spa

♦ BIOPRANIC MASSAGE

It combines intuitive strokes and acupressure techniques in order to achieve a regenerating healing effect acting simultaneously on the physical, psychological and energetic well-being of the person. "Prana", the bioradiant energy and frequencies transmitted by the hands of the pranotherapist will optimize and correct disharmonies in the energy flow accelerating the natural healing processes of the body.

70 minuti: € 220

An advanced booking is required.

♦ "4 HANDS" ANTISTRESS RITUAL

The ritual combines two oriental techniques, focusing on the extremities of the body: with the Chinese massage it focuses on the feet and with the Indian one on the head. The aim of the treatment is to relax the central nervous system and reach a state of deep wakefulness and well-being. It is particularly suitable for those suffering from insomnia.

45 minutes: € 180 (with two therapists at the same time)

♦ "NIGHT ROMANCE" COUPLES RITUAL

A personalized romantic experience where exclusive late night access of the Spa is given to couples from 9:00 pm to 11.30 pm. Spend more time together while enjoying a couples massage (50 min.) by the indoor pool and Spa facilities (jacuzzi, balsamic Finnish sauna and Turkish steam bath). To make the evening unforgettable there will be an exclusive selection of food & drinks, suitable for the occasion.

Total 150 minutes: € 680

An advanced booking is required.

♦ **BLACK SOAP SKIN RITUAL**

After a steam bath, the skin is exfoliated with “Beldi” black soap and “Kessa” glove. The black soap, the main ingredient of this ancient Moroccan-inspired ritual, antioxidant and rich in vitamin E, is obtained from the saponification of olive oil, Argan oil, water, salt, cedar and eucalyptus. This is followed by a moisturising massage (20 minutes) with very pure scented Argan oil which will give the skin softness and regeneration results.

75 minutes: € 150

♦ **FACE&BODY RITUAL**

It is a unique and refined ritual that includes a holistic massage and a personalised facial treatment performed simultaneously by two therapists.

90 minutes: € 270





Massages

♦ “ROMANTIQUE” COUPLES MASSAGE

Enjoy the romantic candlelight treatment performed in our private Spa, by the indoor pool. A custom massage with sensory aromatherapy oils to reconnect with your loved one and to share special moments of pure relaxation.

50 minutes: € 260

75 minutes: € 380

90 minutes: € 480

♦ CUSTOM MASSAGE

Following an in-depth consultation, our massage therapists will combine different techniques, both Eastern and Western, to suit your needs and to ensure a totally personalized treatment experience.

50 minutes: € 130

75 minutes: € 190

90 minutes: € 240

♦ DEEP TISSUE

It works on the deepest layers of the muscle tissue, tendons and fascia. Its deep pressure releases chronic muscle tension, stimulates blood flow and gives the person a new healthy energy.

50 minutes: € 160

75 minutes: € 240

♦ **SPORT MASSAGE**

It focuses on stressed muscles and overused areas of the body. In combination with stretching, it reduces recovery times for a maximum performance, both before and after workout. It promotes flexibility, reduces fatigue and helps to prevent injuries.

50 minutes: € 160

75 minutes: € 240

♦ **RELAXING AROMA MASSAGE**

Thanks to the use of specific essential oils chosen according to the client's mood, a deep sense of relaxation is instilled through a light touch at a slow pace. Particularly recommended for stress and anxiety.

50 minutes: € 120

75 minutes: € 180

♦ **LYMPHATIC DRAINAGE**

It improves the lymphatic circulation with deep effects on the body vastly increasing the system's ability to remove toxins. From the first session it works immediately on water retention and swelling.

50 minutes: € 130 / 3 sessions of 50 minutes: € 350

75 minutes: € 190

♦ ANTI-CELLULITE MODELING MASSAGE

It stimulates the vascular lymphatic system helping the adipose-connective structures and those critical areas that can't be targeted through exercise. Combined with specific products, it softens these zones shaping the body and preventing further formation of cellulite.

50 minutes: € 130 / 3 sessions of 50 minutes: € 350

75 minutes: € 190

♦ “HOT STONES”

It is a very ancient treatment that dates back to the time of the ancient Egyptians. It is carried out by applying heated volcanic-basaltic stones to certain points of the body, smoothed on the surface. They slowly release their heat. It is particularly suitable for muscle pain, stress and energy rebalancing.

75 minutes: € 220

♦ NORTH AFRICAN MASSAGE -CINQ MONDES-

Long, slow and deep strokes are performed with hot pure Argan oil to give you moments of true well-being: a journey into the heart of North African traditions.

50 minutes: € 150

♦ “MATERNITY”

Pregnancy is a special period in a woman's life: lots of pampering and a delicate relaxing massage with pure organic sweet almond oil.

50 minutes: € 120

To carry out this treatment it is necessary to have passed the twelfth week of pregnancy

♦ RELAX TEENS & KIDS

A delicate touch, a real pampering, thanks to the use of completely natural products.

50 minutes: € 100

25 minutes: € 50

Available for two children at the same time, performed by the indoor pool as a couple.



Massage Enhancements:

♦ FACE MASK

anti-wrinkle, nourishing, firming

€ 50

♦ IN-ROOM MASSAGE:

€ 50 (*Available for rooms with terrace*)



Zonal Massages

♦ **INDIAN HEAD & SCALP**

Based on ancient Oriental techniques, by stimulating “Chakra” and “Marma” points, energy centers of strength and vitality, Indian head massage brings physical harmony, vibrancy and deep relaxation for a total well-being. It's performed on scalp, face, neck and décolleté.

40 minutes: € 90

♦ **REFLEXOLOGY**

It is a Chinese reflex technique performed by the application of deep pressures to specific areas on the feet corresponding to organs, glands and all parts of the body. It relieves stress, stimulates circulation and helps to break down toxins disposing of them. Moreover, it brings energy balance to the bodily systems and creates emotional harmony.

40 minutes: € 100 / 3 sessions of 40 minutes: € 270

♦ **CONNECTIVE BACK, NECK & SHOULDER**

It is a particular manipulation of the connective tissue that relieves muscle tension through the action of neuromuscular reflexes and local stimulation of blood flow.

25 minutes: € 80

♦ **ANTI JET-LAG MASSAGE**

After a long journey, “jet-lag” is the ideal massage with an anti-fatigue and relaxing action for tired legs and feet.

25 minutes: € 70





Body Treatments

♦ **PAPAYA THAI SCRUB -CINQ MONDES-**

Thanks to the properties of papaya, this completely organic scrub exfoliates the skin in a delicate way, illuminating it and leaving it soft and deeply hydrated.

30 minutes: € 80

♦ **BALINESE SCRUB WITH SPICES -CINQ MONDES-**

This energising exfoliation uses the traditional Balinese blend of sea salt and spices called “Boreh.

♦ **MONOI POLYNESIAN SCRUB -CINQ MONDES-**

A very delicate exfoliation suitable even for the most sensitive skin. It uses a traditional Polynesian blend made with sugar, coconut powder, Tahitian Monoi and “Noni” oil, obtained from the homonymous tropical plant known for its nourishing and healing properties.

30 minutes: € 80

♦ **PURIFYING MOROCCAN WRAP -CINQ MONDES-**

Inspired by the Moroccan tradition, this wrap with “Rassoul” cream, containing kaolin, cedar, cinnamon and eucalyptus, purifies, tones and smoothes the skin.

40 minutes: € 70



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BALM

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FOR UN TANT ÉCLATANT, VISAGE ET DÉCOLLÉTÉ
JULISHING CLEANSER AND MAKE-UP REMOVER
FOR NATURAL RADIANCE, FACE & NECK

RITUEL DE BALI, INDONÉSIE
RITUAL FROM BALI, INDONESIA

CINQ MŌNDES
SPA PARIS

EXFOLIANT
GRAINES ET FLEURS
SEEDS AND FLOWERS
EXFOLIANT

AFFINE LE GRAIN DE PEAU
ILLUMINE LE VISAGE
VISAGE ET DÉCOLLÉTÉ

SKIN REFINER
COMPLEXION ILLUMINATOR
FACE & NECK

RITUEL DE BALI, INDONÉSIE
RITUAL FROM BALI, INDONESIA

♦ **SEA MUD WRAP**

It is a detoxifying mud-based wrap extracted from the depths of the sea. It is rich in marine sediments, mineral salts and trace elements that purify and remineralise the skin.

40 minutes: € 70

♦ **ANTI-FATIGUE BANDAGES**

These cool bandages improve circulation, reduce swelling and leg heaviness. Maximum sensation of lightness, comfort and rest for your legs & feet. Moreover, they will leave your skin feeling nourished and super hydrated.

25 minutes: € 40 / 3 bandages: € 100

♦ **BRAZILIAN ANTI-CELLULITE TREATMENT -CINQ MONDES-**

An extraordinary localised massage technique (30 min. duration) performed with a pure glaucine and caffeine cream. It helps to reduce adipose cellulite and to eliminate toxins. Immediately after, a clay and algae firming poultice is applied on localized adiposity. The treatment is suitable for the adipose cellulite.

70 minutes: € 150

♦ **INDIAN DRAINING TREATMENT -CINQ MONDES-**

The “Udvardana” decongestant wrap, made with vanillin and chickpea flour, stimulates blood and lymph circulation. It is followed by a localised draining massage (30 min. duration). The treatment is suitable for edematous cellulite.

70 minutes: € 150



Facial Treatments

♦ CUSTOM FACIAL

After a check-up to determine skin type or blemish and a consultation to understand what you are trying to achieve in your session, the treatment will be completely tailored to your specific needs or skin imperfections.

50 minutes: € 110

♦ CLAY MASK

Particularly suitable for combination and oily skin, the pure green or white ventilated clay mask has a great adsorbing and detoxification capacity.

45 minutes: € 100

♦ JAPANESE “KOBIDO” RITUAL -CINQ MONDES-

The word “Ko bi do” in Japanese means: “the ancient way of beauty”. This anti-wrinkle, toning and plumping treatment uses an ancient lifting massage technique, giving elasticity, softness and brightness to the skin. The rich mask applied contains opal, turquoise, pearl and diamond dust.

50 minutes: € 140

75 minutes: € 190

♦ **BALINESE RITUAL WITH FIVE FLOWERS** **-CINQ MONDES-**

Purifying and illuminating treatment inherited from an ancestral ritual performed by Balinese princesses. It combines the strength of the five tropical flowers (lotus, gardenia, hibiscus, ylang ylang and frangipani) with the stimulation of acupressure points on the face and head. It gives brightness to the complexion and relaxes the skin.

50 minutes: € 140

75 minutes: € 190



Facial Enhancements

♦ **CHINESE FOOT MASSAGE**

15 minutes

€ 40

♦ **HAND OR FOOT SCRUB**

€ 30

♦ **EYEBROWS SHAPING (tweezers)**

€ 25





**Day
Spa**

♦ **CAPRI ESCAPE**

Body scrub (on choice)

Custom massage

Custom facial

2 hours and 30 minutes: € 320

♦ **SPECIAL FOR HIM**

Back, neck & shoulder massage

Custom facial

Manicure

2 hours and 30 minutes: € 240

♦ **CAPRI IN LOVE**

Couples massage

Couples Facial

Two glasses of champagne

2 hours: € 520



Private Wellness Path Stay Spa Suite

Our wellness path is for private use only and includes indoor heated pool with jacuzzi, balsamic Finnish sauna and Turkish steam bath.

Your well-being and your relaxation in an intimate environment, where elements such as marbles and rocks, together with the sea view, will become the best source of inspiring power and new energy.

We recommend you to sip one of our herbal teas or drink some water to replenish the lost fluids. We suggest you to combine the wellness path to massages or body treatments in order to enhance their benefits.

50 minutes: € 75 (for a minimum of 2 and a maximum of 4 persons)

€ 50 per person, if you book a massage, a ritual or a day Spa

♦ FINNISH SAUNA

Our sauna is heated to 80°- 90° C (176°-194° F) and the humidity does not exceed 20%. It helps to remove harmful toxins from the body and accelerates its metabolism. Moreover, pine and eucalyptus essential oils have a healthy balsamic effect on breathing. Finnish sauna is suitable for those suffering rheumatisms, muscle tightness or tiredness, joint stiffness and respiratory problems.

♦ TURKISH STEAM BATH

Our steam bath temperature is between 40° and 45° C (104°- 122° F) with a humidity of about 100%. Thanks to sweating the body expels harmful toxins and the skin will be cleansed and purified. Steam bath is suitable for skin conditions such as acne, eczema and non-viral dermatitis. Moreover, it increases the body metabolism, fights water retention and decongests the upper respiratory tract.





Beauty Hands & Feet

♦ MANICURE	€ 60
♦ PEDICURE	€ 80
♦ MEN'S MANICURE	€ 40
♦ DRY MANICURE WITH SEMI-PERMANENT SHELLAC	€ 70
♦ DRY PEDICURE WITH SEMI-PERMANENT SHELLAC	€ 90
♦ SEMI-PERMANENT REMOVAL	€ 30
♦ SEMI-PERMANENT NAIL FIXING	€ 20
♦ NAIL POLISH CHANGE	€ 30
♦ FRENCH POLISH	€ 25

Our beauticians are not allowed to perform any service on infected skin or particular nail conditions where a podiatrist intervention could be needed.

♦ WAXING (strip wax)

*20 minutes: € 30 / 30 minutes: € 50 / 45 minutes: € 70 / 60 minutes: € 100 /
75 minutes: € 120 / 90 minutes: € 140*

Please avoid sun exposure, sauna, steam room and heat treatments immediately before and after waxing.



Makeup

- ♦ **SPECIAL EVENT MAKEUP** € 90
- ♦ **DAY MAKEUP** € 80
- ♦ **EYES MAKEUP** € 50
- ♦ **BRIDAL MAKEUP APPLICATION** € 250
- ♦ **BRIDAL MAKEUP TRIAL** € 90

Makeup services are available on request only



Hair Salon

- ♦ **SHORT/MEDIUM/LONG HAIR BLOWOUT**
- ♦ **LONG HAIR WITH
EXTENTIONS BLOWOUT**
- ♦ **HAIR CUT** € 40
- ♦ **HAIR STYLING/UP-DO** € 100
- ♦ **BRIDAL STYLING/UP-DO** € 350
- ♦ **BRIDAL STYLING/UP-DO TRIAL** € 100

Hairdressing services are available on request only



How To Spa

♦ OPENING TIMES

Spa services are available every day, including holidays, on reservation only.

Tuesday to Sunday: 10 am - 1 pm / 4pm - 9pm.

Monday: 4pm - 8pm.

♦ BOOKINGS & CONTACTS

To schedule an appointment please contact our Spa team who will guide you in choosing your treatment. To ensure your preferred time, we recommend you to book in advance.

Tel. : +39 081 83 766 30

Internal number: 405

Email: stai@villamarinacapri.com

♦ ARRIVAL AT THE SPA & DELAYS

You can access the Spa comfortably in a bathrobe, otherwise the wellness kit will be provided.

Please be aware that late arrivals could result in a reduction of treatment time.

♦ CANCELLATIONS

We kindly ask you to change or cancel your appointments with 24 hours notice. For treatments not canceled at least 6 hours before the scheduled time or, for no-shows, 100% of the cost of the treatment booked will be charged.

♦ SPA ETIQUETTE

Please respect the silence in the Spa area and switch your mobile phone off. To ensure your privacy during treatments or wellness paths, the entrance to the Spa is forbidden to other guests and to the hotel staff. Smoking is prohibited in the Spa and in the surrounding area.

♦ HEALTH, SECURITY & COVID

We kindly ask you to notify the Spa staff about allergies, health problems or, in case of pregnancy. You will be asked to fill in a questionnaire before the wellness program or any treatment.

Spa session, massages and body treatments are not suitable during the first trimester of pregnancy.

It is mandatory to wear training shoes in the gym.

The Spa area is regularly sanitised by the appropriate staff. We also use all the necessary prevention measures against COVID 19, guaranteeing our guests maximum hygiene and safety.

♦ CHILDREN'S POLICY

Access to the gym, sauna and Turkish steam bath is prohibited for children under 16. In the case of treatments, they must be accompanied in the cabin by an adult.

♦ EXTERNAL CUSTOMERS

Non-resident guests are welcome to Stai Spa. They can book our wellness path or treatments.

We might require credit card details in order to secure their reservation.

♦ **VALUABLES**

We advise you not to leave valuables unattended. The staff will not be responsible for any loss.

♦ **GIFT VOUCHERS**

For special occasion, give wellness to those you love more!
Please contact the Spa team that will customize your Gift Vouchers.



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