

## DAILY PROGRAMS

*\*all proposals may be personalized on request*

<b>“Good Morning”</b> from 7 am to 12 pm Full Body Massage 55’ Use of Club 10 facilities for one day	€ 150,00
<b>“Good Evening”</b> from 12 pm to 10 pm Full Body Massage 55’ Use of Club 10 facilities for one day	€ 170,00
<b>“Me &amp; My Friends”</b> (min. 3 max. 5 people) Full Body Massage 55’ Use of Club 10 facilities for one day <i>Relaxing Tea Time and Biscuits</i>	€ 160,00 each
<b>“High Class” (min. 3 max. 5 people)</b> from 5 pm to 8 pm Full Body Massage 55’ Use of Club 10 facilities from 5 pm to 8 pm <i>Aperitif at the Principe Bar</i>	€ 180,00 each
<b>“Summer Breeze”</b> (min. 3 max. 5 people) from 5 pm to 10 pm Full Body Massage 55’ Use of Club 10 facilities for one day <i>Special Aperitif on the Club 10 terrace from 7.30 pm to 9 pm with candlelight set up and lounge music</i>	€ 180,00 each
<b>“Prémaman” (from 4<sup>o</sup> month)</b> <i>Harmonic Rebalancing for Body and Mind</i> Yoga Lesson (55’) Back and Legs Relief Massage (30’) Use of Club 10 facilities for one day	€ 190,00
<b>“Mother-in-Fit”</b> <i>To regain the good form after childbirth</i> 5 Pilates Lessons Biomè Body Program (6 treatments including self-care products)	€ 730,00
<b>“Me &amp; My Baby”</b> Baby Swimming Lesson with teacher Use of facilities for my mummy during my lesson!	€ 100,00
<b>“Little Time Before Work”</b> (from 7 am to 9 am) <i>“Reinvigorate your body”</i> with Pilates (55’ individual lesson) 30 minutes use of Sauna and Steam Room	€ 95,00
<b>“More Time After Work”</b> <i>“Relax, Breathe and Feel”</i> with Yoga (55’ individual lesson) Ayurvedic Massage 55’ Use of Club 10 facilities for one day	€ 205,00
<b>“Urban Day Spa”</b> Use of Club 10 facilities for one day Basic Facial Treatment Manicure Pedicure Aromasoul Ritual Treatment Light Snack	€ 350,00

<b>“Oriental Day Spa”</b> Use of Club 10 facilities for one day 60’ Kanebo Facial Treatment Spa Manicure Pedicure Shiatsu Light Snack	€ 380,00
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<b>“My Wedding” **</b> Use of Club 10 facilities for one day Facial treatment Manicure Pedicure Waxing * Essentially a daily program, but also available on separate sessions (on request) ** hairdresser and make-up service available on request	€ 335,00
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<b>Daily Access</b> Use of Club 10 facilities for one day valid in combination with a treatment not inferior to € 70,00	€ 67,00
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## PERSONALIZED PROGRAMS

<b>Facial Program</b> (5 sessions + 1 free) Anti-wrinkle, Toning, Re-balancing, Anti-stress	€ 450,00
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<b>Lift 6</b> (5 applications + 1 body treatment free)	€ 450,00
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<b>Body Program</b> (10 sessions + 1 free): Firming, Detoxifying, Anti-cellulite, Breast Toning, Draining	€ 900,00
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<b>Body Program Biomè di Nati</b> (6 sessions, self-care products included)	€ 400,00
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<b>Massage Program</b> (10 massages + 1 free)	€ 1.100,00
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<b>Postural Rehabilitation Pancafit, Pilates, or Yoga Program</b> (10 sessions + 1 free)	€ 800,00
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<b>Personal Trainer Program</b> (10 sessions + 1 free)	€ 750,00
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<b>Swimming or Acquagym Program</b> (10 lessons + 1 free)	€ 750,00
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<b>Physiotherapy</b> (10 sessions + 1 free)	€ 950,00
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GIFT CERTIFICATES ARE AVAILABLE  
FOR ALL SERVICES

CLUB 10 FITNESS & BEAUTY CENTER  
IS LOCATED ON THE TOP FLOOR  
OF THE HOTEL PRINCIPE DI SAVOIA

TWO HOURS NOTICE WILL BE REQUIRED  
FOR CANCELLATION:  
NON COMPLIANCE WILL INCUR THE FULL  
CHARGE OF THE SERVICE BOOKED.

Fitness  
& Beauty  
Center  
**CLUB 10**

)( Dorchester Collection