

# Wellness Center

Medical Director: Dr Ezio Stortini



## Preventive Medicine

An elevated approach to vitality through treatments and programs that raise your health awareness, empower a balanced lifestyle and promote longevity.

### Consultations:

#### **Lifestyle Assessment**

Develop an awareness about your lifestyle through a proprietary survey assessing the macro areas of your life: nutrition, exercise, smoking, sleep and stress. Our doctors perform the detailed intake and analyze the responses to provide a real-time picture of your lifestyle: strengths and weaknesses based on each area along with personalized recommendations that promote longevity and disease prevention.

60 minutes  
€120

#### **Nutritional Coaching**

Promote a more balanced and healthy approach to eating through education based on individual nutritional needs. Raise self-awareness, promote self-healing of the body and mind, and focus on disease prevention with specialized menus and detox techniques. With an approach grounded in neuro-linguistic programming, personal coaching techniques and plans that detail weekly and monthly actions, you will achieve your overarching dietary goals and while increasing energy, focus, organization and vitality.

60 minutes  
€120

## Treatments:

### **Telotest**

Aging starts as a molecular, biological process, made visible over time. As our cells divide to multiply and to regenerate the tissues and organs of our body, the length of telomeres become shorter. TeloTest is a genetic test that measures the length of the telomeres to quantify the degree of cellular aging and determine your biological age.

A DNA sample obtained through a cheek swab and a brief health history intake inform results that are shared 2-3 weeks later with personalized nutritional and lifestyle recommendations.

15 minutes  
€450

### **Oxidative Stress Screening**

A proper balance between oxidants and antioxidants is critical in maintaining health, wellness and longevity. Whenever the balance is disrupted, free radicals trigger a chain reaction that is involved in the origin of many inflammatory diseases.

Using the Clini5 finger-prick test, this screening determines the levels of free-radicals in the body, a valuable tool in preventative care, and provides a comprehensive report detailing your personalized oxidative stress status.

30 minutes  
€50

## IV Therapy

Carefully formulated infusions of nutrients, vitamins, amino acids and antioxidants are administered in our IV Lounge to restore nutrient levels, replenish hydration, boost the immune system, and aid recovery from illness and exercise.

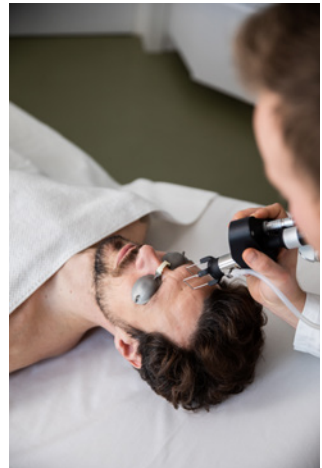
20 minutes  
€300 per session

Select one of the following treatments:

**Anti-Aging:** Vitamins and minerals, including zinc, selenium and Vitamin C, increase the skin's ability to protect against free radicals while essential amino acids repair and maintain cellular and tissue integrity to slow the aging process.

**Immuno Booster:** A complete mix of vitamins, folic acid and lysine that increases the body's response to environmental stresses and strengthens the immune system.

**Sports Enhancer:** A blend of amino acids, minerals, biotin and taurine increases performance and maintains muscle mass while Vitamin B Complex, increases energy.

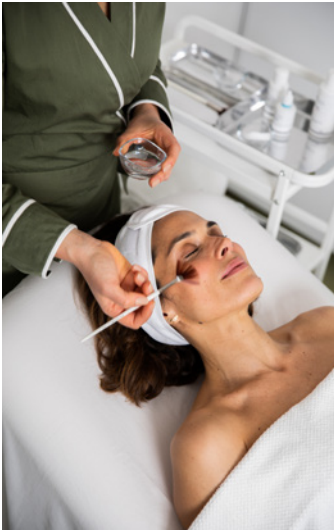


## Aesthetic Medicine

Enhance the skin's appearance with non-invasive medical procedures including laser treatments, fillers, injections and peels, all performed by a licensed medical staff.

<b>CoolPeel CO2 Laser Treatment</b>	Reveal healthier, smoother skin, reduce the appearance of fine lines and sun damage, minimize pores, and improve skin texture. CoolPeel® uses high energy in extremely short pulses to deliver impressive skin resurfacing results tailored to your needs with minimal downtime.	45 minutes €250 - 1,000
<b>Custom Chemical Peel</b>	Custom peels result in skin that is smooth, radiant, and visibly healthy. After a personalized assessment of your skin, a high-yield of salicylic acid, pyruvic acid, retinoic acid or TCA acid will be applied to reveal fresh, radiant and healthy skin. Available in both superficial and deep applications. Each treatment ends with the application of a hydrating serum.	25 minutes €200
<b>RF Therapy</b>	Radiofrequency (RF) is a non-invasive treatment that uses controlled heat, prompting collagen and elastin production that tightens skin and creates a visibly smoother surface. RF Therapy can treat the face, neck, inner arm and abdomen.	25 minutes €250
<b>Botulinum Toxin</b>	Minimally invasive and highly effective in addressing premature signs of aging by smoothing the skin, botulinum toxin reliability treats multiple facial areas and corrects hyperhidrosis (excessive sweating) on the underarms, feet, palms, and scalp.	20 minutes €500

Contiguous to the Spa, our Wellness Center will envelope you in comfort and beauty



Experience aesthetic care, science-driven treatments and physicians' guidance to promote health and wellbeing during and after your stay



Our approach is consultative, open and led by a licensed medical team who work one-on-one to create a program designed to help each patient reach their goals

**Filler**

- Hyaluronic Acid
- Hyaluronic acid and calcium hydroxyapatite

Over time, this essential ingredient for plump, hydrated skin begins to deplete. Through targeted injections, hyaluronic acid safely and effectively restores volume to soft tissues and fills wrinkles from within for a more youthful, natural-looking appearance that lasts.

25 minutes  
€500 - 1,000

**Bio Revitalization**

A combination of amino acids, vitamins and hydrating hyaluronic acid triggers the skin's own natural collagen production to leave your complexion looking plump, toned and moisturized. In the weeks to months following the treatment, skin benefits from dermal regeneration, with a hydrating, smoothing effect that can reduce the appearance of folds and deeper wrinkles.

30 minutes  
€250 - 500



## Wellness Center Etiquette

Wellness treatments must be pre-booked in accordance with health and safety measures. Please arrive at least 15 minutes before your scheduled appointment.

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| <b>Valuables</b>            | We advise you not to wear valuables during your spa experience. Monteverdi will not assume responsibility in case of loss or theft of personal valuables.  |
| <b>Environment</b>          | We kindly request every guest to speak softly. Please turn off or switch cell phones to silent mode.   |
| <b>Health &amp; Comfort</b> | When scheduling a treatment, please inform the staff of any allergies, health conditions or pregnancy. Before treatments, you will be asked to fill out a form declaring yourself to be in good health. Our team is at your disposal to answer any questions you may have. |
| <b>Cancellation Policy</b>  | We require a minimum of 24-hours notice to cancel or reschedule appointments. Cancellation made with less than 24-hours notice or no shows will be charged.  |
| <b>Prices</b>               | All prices are quoted in EUR and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.   |

### Wellness Center Contact Details

To learn more and book a consultation, contact the Wellness Center concierge by emailing [wellness@monteverdituscany.com](mailto:wellness@monteverdituscany.com), or call +39.0578.268.146  
In-house guests can dial 320 to speak with the Wellness Center Concierge.

