



AQUAE VITALI
S P A



IL SALVIATINO
FIRENZE





AQUAE VITALI
S P A

**OPENING HOURS
& CONTACT:**

Spa is open every day
10.00 am - 7.00 pm

The Gym
7.00 am - 10.00 pm
spa@salviatino.com
+39 055 9041111



AQUAE VITALI
SPA

WELLNESS IS A RETURN TO ESSENCE

Set within the historic gardens of Il Salviatino, Aquae Vitali is a **serene retreat where holistic well-being meets the restorative power of nature.**

Housed within the villa's beautifully restored greenhouse, our spa is a luminous haven of renewal. Here, **nature and science meets soul** in a curated collection of signature massages, regenerative facials, and bespoke body rituals, each designed to **awaken vitality and restore balance** through the quiet magic of touch, scent, and stillness.

Our philosophy is deeply personal and rooted in a gentle, joyful **way of living.** Whether through tailored sleep programs, mindful nourishment, or restorative treatments, we invite you to slow down and reconnect with your natural state of equilibrium.



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PRIVATE SPA

Inspired by ancient Etruscan rituals, our wet area is a sanctuary of purification and sensory awakening. This exclusive detoxification journey is designed to enhance your well-being through a curated sequence of thermal experiences that gently stimulate the senses, support circulation, and restore inner harmony.





AQUAE VITALI SPA

Calidarium Area

Low (40°) and high temperature (50°) steam baths to stimulate breathing and promote detoxification.

Sudatorium Area

Dry heat (90°) and infrared (55°) baths to relieve joint and muscle pain, combat fatigue and promote relaxation with a wave of endorphins.

Kneip Shower

Emotional showers with alternating hot and cold jets complemented by chromotherapy, designed to enhance circulation and invigorate the senses.

Watsu Pool

A hydromassage pool (36°C) that provides gradual relaxation and deep stress relief.

Finnish Shower

cold shower, ideal immediately after the sauna, to counteract the heat and purify the body.

Frigidarium Area

A cold-water immersion to enhance athletic recovery, reduce stress, and improve sleep quality.

The Quite Lounge

The dedicated space to relax, socialise and benefit from pure quietness while sipping an aromatic infusion.



BOOK THE PRIVATE SPA SEPARATELY OR IN HARMONY WITH YOUR TREATMENT JOURNEY

Available for private use only, the experience can be reserved for individuals, couples, or small groups of up to six guests. Each 60-minute session is thoughtfully prepared to ensure peace, privacy, and a fully personalised moment of immersion. Advance booking is essential to secure your preferred time.

1 Hour Exclusive Access in Aquae

1 pax: 100,00 €, 2-3 pax: 200,00 €, up to 6 people 500,00 €

IN ADDITION TO OUR SIGNATURE TREATMENTS, GUESTS ARE INVITED TO ENRICH
THEIR PRIVATE SPA TIME WITH A CURATED SELECTION OF MINI RITUALS.

Detoxifying Soaping (15') 30,00 €

The traditional soaping ritual performed within the Calidarium designed to naturally exfoliate and cleanse the skin, using the antioxidant and smoothing properties of Black Soap.

Invigorating Body Scrub (15') 30,00 €

A full body exfoliation combined with a cascade of cool water jets in a Vichy Shower to stimulate circulation and improve muscle tone. An ideal energizing treatment for the body.

SIGNATURE RITUALS

SIGNATURE EXPERIENCES THAT INVITE DEEP RELAXATION,
INNER HARMONY, AND RADIANT VITALITY.



AQUAE VITALI
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Etruscan Sculpt Ritual

(150' minutes - 380,00 €)

Inspired by ancient Etruscan beauty traditions, this ritual celebrates the art of self-care once cherished by noblewomen. After 30 minutes in the Aquae wellness area, the treatment continues with dry Himalayan Salt exfoliation followed by the application of a detoxifying mud or algae-based wrap designed to combat fatigue, inflammation, water retention, and the appearance of cellulite. This is followed by a targeted body massage using techniques to sculpt, release tension and restore vitality.

A final facial treatment will give brightness and glow to the complexion.

Olive, The Ritual of Youth

(120' minutes - 360,00 €)

After a 30-minute immersion in Aquae, relaxation continues in a single treatment to release tension in facial muscles and relieve swelling by stimulating lymphatic drainage. Massage with the original Kama facial massage tool to lift and renew the radiance of the skin will promote a deep lifting action. Treatment based on olive oil products rich in essences to treat face and body skin naturally, with deep relaxing massage.

In combination with a detoxifying Hair treatment, to intensify the strength on hair.

Nourishing Donkey Milk Ritual

(120' minutes - 360,00 €)

Renowned since antiquity, donkey milk is treasured for its deeply moisturizing and regenerative properties. Rich in vitamins, minerals, and essential fatty acids, it refines skin texture and restores radiance. This indulgent ritual begins with 30 minutes in the private Aquae area, followed by the body cleansing ritual performed inside the Calidarium, then using donkey milk to nourish the skin, soothe the tissues and restore natural glow in an enveloping body massage. A delicate and luxurious treatment for supple, velvety skin.

SIGNATURE RITUALS

THE OFFICINA PROFUMO - FARMACEUTICA
SANTA MARIA NOVELLA TRACES ITS ROOTS BACK TO 1612.



Founded initially as a convent for Dominican friars, today it is recognised as one of the oldest pharmacies in the world, continuing its activity in the very place where it was founded, when the Dominican friars cultivated medicinal plants in a nearby garden, distilled herbs and flowers and prepared essences and elixirs, which are still handed down today according to the original recipes in an experience-cure enriched with perfumes of excellence.

Facial Acqua Della Regina

(25' - 50') 90,00 - 170,00 €

A soothing treatment featuring flowers and aromatic herbs from the Officina Farmaceutica Santa Maria Novella line, designed to hydrate facial skin while alleviating stress and fatigue.

- Includes a soothing facial and arm massage and a finishing touch with the signature Acqua della Regina fragrance.
- Ideal for normal, youthful, or combination skin.

The Uni Goodness Mask

(25') 60,00 €

Named after Uni, the powerful Etruscan goddess of royalty and protector of women, this **signature mask is designed to restore a youthful glow**. Focused on the delicate eye area and signs of skin laxity, it delivers intensive nourishment and visible radiance.

Perfect on its own or as an add-on to any treatment, this ritual is a timeless ode to beauty.



MASSAGES

SOOTHING TOUCH AND EXPERT TECHNIQUES
COME TOGETHER TO EASE THE BODY AND QUIT THE MIND.



AQUAE VITALI
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Localized Massages

(25'-40') 90,00 - 150,00 €

The massage focuses on a specific area of the body, providing targeted relief and customized well-being. Foot Reflexology is available.

Deep Tissue Massage

(50'-70') 180,00 - 210,00 €

An intensive massage designed to release adhesion in connective tissue. This technique relieves muscle tension and targets localized inflammation with precision.

Fascia Massage

(50'-70') 160,00 - 180,00 €

A gentle and deeply relaxing manual therapy targeting the fascial tissues for a myorelaxant effect. This treatment includes the use of a specialized gua sha tool for the body, helping to release postural tension and improve movement flexibility.

Waiting for You Pregnancy Massage

(45') 160,00 €

A dedicated moment of well-being, carefully performed without essential oils. This relaxing massage promotes fluid drainage, eases fatigue typical of pregnancy, and fosters a deep connection with the baby.

*Available from the third completed month of pregnancy.

Californian Massage

(50'-70') 160,00 - 180,00 €

A light, soothing and stress-relieving massage. Perfect for easing anxiety and tensions, promoting deep relaxation.

Aromatherapy Massage

(50'-70') 190,00 - 220,00 €

Relieves muscle tensions and promotes mental relaxation. A process that utilizes natural fiber bags filled with herbs and spices to facilitate the drainage of excess fluids. The combination of aromatic herbs, essential oils and manual techniques gives harmony and a feeling of overall well-being.

Draining Salt Massage

(50'-70') 190,00 - 220,00 €

Light rebalancing yet energetic massage that provides purifying, mineralising, and salt facilitates the natural exfoliation of surface cells and mitigates the signs of fluid.

Remodelling Maderotherapy

(50') 180,00 €

Traditional massage of Colombian origin that counteracts edemas and retention by acting on the circulatory system using special wooden instruments that reshape and sculpt the body's lines and volumes in a targeted manner.

FAMILY SPA

Aquae Vitalis welcomes young guests and their families with a dedicated selection of treatments designed to introduce them to the world of wellbeing through deep relaxation and gentle care, with moments of surprise and delight inspired by the playful water games of Villa Litta's ninfeo.



Why Don't You...

Baby & Kids Massage

(25') 70,00 €

A delicate, nurturing massage tailored for children aged 4 to 8. Designed to promote relaxation, balance, and overall wellbeing in a calming, reassuring environment.

Kids & Teen Massage

(25'-40') 85,00 - 110,00 €

A personalized massage for young guests aged 9 to 15, focused on releasing tension and restoring calm. Perfectly adapted to support growth, vitality, and emotional balance.

Parent & Teen Massage

(25'-40') 170,00 - 260,00 €

A shared wellness ritual for parents and their teenage children. This soothing treatment offers a moment of reconnection, encouraging open communication, emotional balance, and deep relaxation. An ideal pause to unwind together and nurture the bond in a calm, restorative setting.

Parent & Child Massage

(25'-40') 160,00 - 230,00 €

A shared wellness experience for parent and child, encouraging bonding and relaxation through gentle, synchronized touch. Ideal for a rejuvenating pause together.





ALCHEMY INSPIRED RITUALS

INSPIRED BY THE ALCHEMY'S PROMISE OF RENEWAL, THESE UNIQUE RITUALS AWAKEN THE SENSES AND ELEVATE SPIRITS.

Fitoteraphy Ritual - Australian Bush Flowers (70' - 200,00 €)

Keeping the right direction in life, listening to your intuition and acting accordingly promotes a faster and longer-lasting **recovery of your emotional balance**.

The powerful essences of Australian flowers help to bring to light all the positive qualities that reside in the deepest part of each individual. **A ritual that follows intuition** and combines it with emotional sensitivity for a rebalancing massage.

The Spagiric Ritual (90' - 280,00 €)

Begin your journey with a brief pre-treatment workshop, during which we guide you in selecting **bespoke natural ingredients** to create your own beauty elixir, designed to nourish the skin and support **emotional harmony**. This deeply personalized **massage ritual is tailored** to revitalize your energy and awaken your inner glow.

Crystal Lovers (50' - 150,00 €)

Harnessing the **ancient power of crystals**, renowned for their ability to absorb, store, and transmit energy, this treatment promotes inner balance by placing selected stones on the **body's primary chakras**, enhancing alignment with the self.

This soulful ritual is enriched with elements of astrology and healing herbs for a deeply relaxing, transformative experience.

ADVANCED REGENERATING & ANTIAGE

With over three decades of experience in stem cell research and development, German scientist and biomedical expert Augustinus Bader comprises a series of distinctive and advanced skin care treatments designed to enhance surface cell communication, thereby supporting the body's intrinsic biological inheritance and facilitating cell regeneration.

Distinctive professional treatments are a sophisticated and customized dermocosmetic experience incorporating TFC8®, the brand's exclusive, award-winning complex that enhances skin renewal, with the aim of firming, soothing and rejuvenating the body from head to toe.



AB
Augustinus Bader

Introductory Facial

(50' - 250,00 €)

A signature introductory treatment that combines excellent raw materials with the innovative TFC8®, Augustinus Bader's iconic ingredient, to offer a deep and tailor-made regenerative experience suitable for all skin types. Its triple hydration will enhance the face's natural radiance.

The Advanced Facial

(70' - 310,00 €)

The advanced treatment of The Introductory Face offers a deep rejuvenating experience ideal for those seeking optimal and tangible results from the first session. The powerful TFC8® formulation is combined with scalp therapy also by Augustinus Bader, for a complete experience. The facial skin will be invigorated, smoothed and glowing, and the hair nourished and healthy.

The Body Ritual

(70' - 260,00 €)

This sophisticated experience uses the TFC8® renewal complex for soft, smooth and firmer skin. A ritual that starts with a gentle exfoliation with Augustinus Bader's oil and sea salt scrub, followed by a surface massage to stimulate tissue metabolism and repair processes. The entire body will be enveloped in a luxurious layer of The Body Cream, a hallmark of Augustinus Bader products, demonstrating clinically validated efficacy in both look and feel.

BEAUTY ATELIER

A COLLECTION OF FINISHING TOUCHES
DESIGNED TO COMPLETE YOUR INNER GLOW.



Are you ready for?



AQUAE VITALI S P A

File & Polish Hand or Feet
(25') 40,00 - 50,00€

Baby Manicure or Pedicure
(20') 15,00 €

Classic Manicure or Semipermanent
(60') 85,00 - 95,00 €

Classic Pedicure or Semipermanent
(70') 95,00 - 110,00 €

Eyebrows
(15') 20,00 €

Hot Waxing
Starting from 20,00 €

Services available for booking:

Aquae Vitali, together with our concierge, offers the possibility to schedule beauty treatments in the comfort of your room, or suggest the best boutiques in Florence. Advance booking required, subject to availability. Please contact us for further information.

*Hair Styling / *Make Up / *Men's shaving

FIND YOUR BALANCE





We embrace a holistic approach to wellness, one that nurtures body, mind, and spirit in harmony. At Il Salviatino, nature, movement, nourishment, and mindful rituals come together to create deeply personal, transformative experiences. Rooted in the principles of epigenetics, we recognize how lifestyle, emotions, and environment shape our well-being.

From restorative spa therapies to garden-fresh cuisine, to counseling, rituals, and simple moments of joy, every detail is designed to inspire renewal and reconnection.

BESPOKE WELLNESS PROGRAMS





AQUAE VITALI SPA

At Aqua Vitali, our team of specialists designs personalised wellness journeys that align with your lifestyle and needs, detoxifying, sustainable, and deeply restorative.

Whether you're with us for a weekend, a week, or an extended stay, this is your invitation to reconnect with balance and care for your overall well-being.

Sleep Program

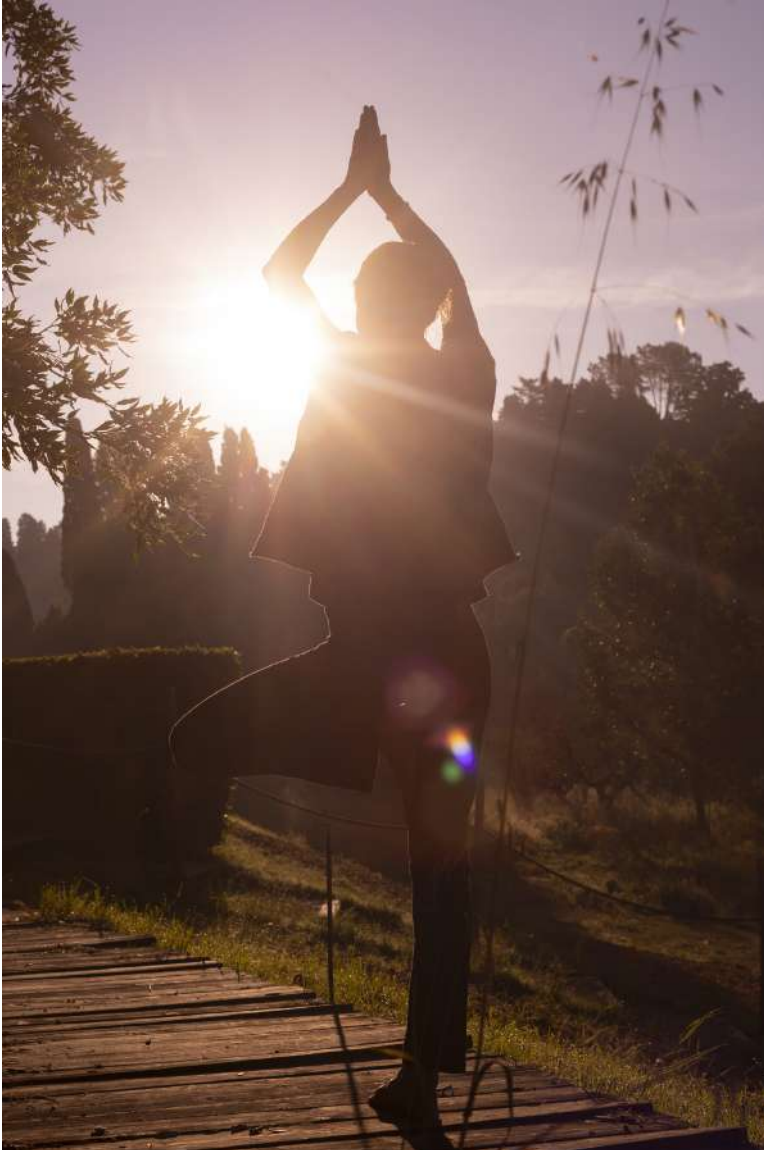
Created to ease insomnia and restore natural sleep rhythms, this program supports deep rest and mental clarity. Guided by our expert team, your journey is tailored to your unique needs, blending targeted treatments and rituals that nurture psycho-physical harmony and promote restorative sleep. Contact us to schedule your consultation.

Detox Program

Cleanse, energize, and reset. Our Detox Program supports the elimination of toxins through a personalised approach that combines light, balanced nutrition with spa therapies designed to restore vitality. Discover a renewed sense of energy and lightness in just a few days.

For more information, please get in touch with us.

HOLISTIC MOVEMENT





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Wellness Counseling

(50') 170,00 € / Online (50') 110,00 €

Personalised wellness counselling sessions conducted by Health Coaches certified by the renowned Institute for Integrative Nutrition (IIN) in New York, trained to guide you towards optimal wellness through customised lifestyle adjustments that align with your individual health goals.

Private Yoga

(50') 150,00 €

Reconnect with your breath, body, and inner rhythm through personalised yoga sessions tailored to your needs and intentions.

Couple Cacao Cerimony

(25') 100,00 €

The cacao ceremony is a nourishing experience to deepen connection awaken the senses in a shared sacred space. A beautiful and heart-opening ritual that invites to reconnect and ground.

Learning Self - Massage

(40') 120,00 €

A hands-on session to nourish the body, and take home with you the techniques and manual teachings for an efficient and stimulating daily routine.

*Facial massage with Guasta

*Draining leg massage

*Regular breathing

BODY AND MIND



The Gym

For those who prefer a focused workout, our intimate yet fully equipped gym is available exclusively to guests. Featuring modern fitness equipment, the space is ideal for maintaining your exercise routine and enhancing your overall well-being during your stay.

Personal Training (45') 130,00 €

Bespoke movement sessions designed to improve strength, balance, and vitality. Our expert personal trainer will guide you through tailored workouts to support your individual goals, whether you're aiming to boost fitness, increase flexibility, or enhance your general well-being.

Available on request:

- Personal Trainer
- Pilates
- Boxing

HEALTH BAR MENU

WHOLESOME BLENDS AND REVITALISING JUICES CRAFTED
TO NOURISH, HYDRATE AND AWAKEN THE SENSES.

Matcha Latte €10.00

An antioxidant plant-based drink that regulates blood sugar, accelerates metabolism and regulates blood pressure.

Detox Centrifuge €18.00

A detoxifying centrifuge made with seasonal vegetables, celery, lemon and ginger.

Choice of oat, soy or almond milk.

Energising Smoothie €18.00

A superfood drink made with plant-based milk, banana, cocoa and chia seeds for an instant energy boost.

Yerba Maté €12.00

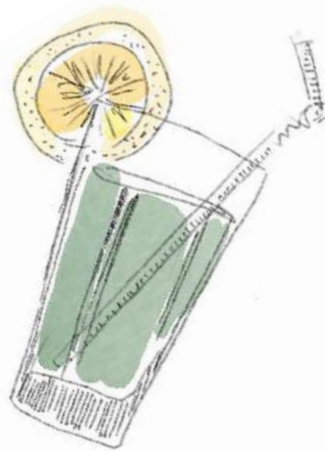
A natural energising infusion from South America, rich in digestive, purifying and antidepressant properties.

Contains caffeine, not recommended during pregnancy.

Kombucha Lime & Mint €12.00

A refreshing fermented elixir that regulates the body's pH to an anti-inflammatory and antioxidant balance, purifying the body.

Contains caffeine, not recommended during pregnancy.



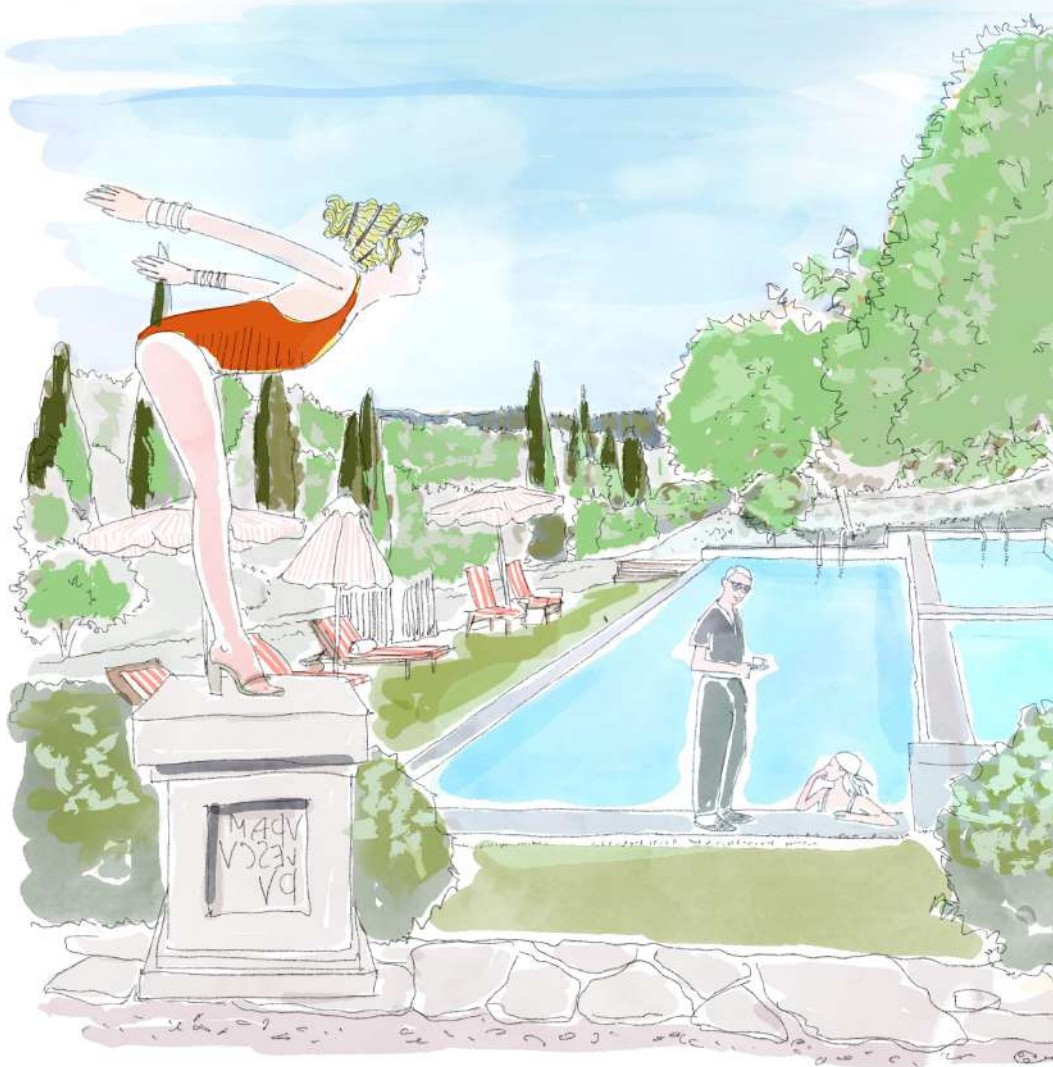
The multivitamin recharge to take home:

Box of 3 healthy detox juices **€48.00**

Box of 5 Healthy detox juices **€80.00**

Box of 7 healthy detox juices **€110.00**

OUTDOOR POOL





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Opening Hours
10.00 am - 7.00 pm
Bar service available



TERZO PARADISO

In collaboration with Galleria Continua, the pool overlooks a living installation of Michelangelo Pistoletto's Terzo Paradiso (Third Paradise). This botanical interpretation transforms the iconic symbol into a permaculture garden, seamlessly merging art with the natural landscape. Comprising over 3,000 plants, the installation evolves with the rhythm of the seasons, reflecting nature's cycles and inviting guests to witness its quiet transformation throughout the year.

Il Terzo Paradiso embodies a visionary concept aimed at harmonizing the dichotomy between nature and artifice. The artwork's symbol consists of three interconnected circles: the two outer circles represent nature and the artificial world created by human intervention, while the central circle signifies a balanced synthesis of the two, envisioning a new phase of planetary civilization essential for humanity's survival.



AQUAE VITALI
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SPA ETIQUETTE

Conditions for Delay and Cancellations:

To maintain the quality of our services, please notify us of any changes or cancellations of your appointment at least 2 hours in advance.

*Delays may result in a reduction of the treatment duration.

*Last-minute cancellations will result in a full charge for the treatment or service.

Minors:

Admission is permitted from the age of 16; minors must be accompanied by an adult.

Valuables:

We recommend that you refrain from bringing valuables into the Spa. Aquae Vitale will not be responsible for any loss.

Heath Condition:

We kindly ask you to notify us in advance of any health problems or allergies. If you are pregnant, we recommend that you consult a doctor before requesting a treatment or using the Aquae area.

Arrival at the Spa:

We recommend arriving 10 minutes before the scheduled treatment.

Appointment Reservation:

Access to all treatments is by appointment only:
Mail. spa@salviatino.com
Tel. +39 055 9041111





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grazie!

Artistic Direction & Interiors:
Alessandra Rovati Vitali, Owner

Photography:
Dario Garofalo

