

SPA

SALUS PER AQUAM



the 1990s, the number of people with a mental health problem has increased in the UK. This has led to a growing demand for mental health services, and a need for more research into the effectiveness of these services.

One of the most common mental health problems is depression. Depression is a complex condition, and there is still much to be learned about its causes and treatments. This paper reviews the current research on depression, and discusses the implications for mental health services.

The first part of the paper discusses the prevalence of depression in the UK. It then reviews the current research on the causes of depression, and the effectiveness of different treatments. The paper concludes by discussing the implications for mental health services, and the need for more research into the effectiveness of these services.

The second part of the paper discusses the current research on the causes of depression. It reviews the evidence for genetic, environmental, and psychological factors, and discusses the implications for mental health services.

The third part of the paper discusses the effectiveness of different treatments for depression. It reviews the evidence for antidepressant medication, psychotherapy, and a combination of the two. The paper concludes by discussing the implications for mental health services, and the need for more research into the effectiveness of these services.

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Wellness and beauty

In the most exclusive SPA of the Eolian Islands

The perfect place to regain energy, vitality and lust for life

In the Hotel Signum SPA, in a dreamy ambiance, the body becomes renewed again, the skin shines and the soul smiles. The fine harmony of the environment and the functionality of the structure are basic ingredients in the treatments and services we offer. Our geothermic water is rich in minerals. Treatments include the finest of natural- therapy techniques. The structure of the centre follows the lines of old Eolian thermal baths, believed the most ancient in Europe. Steam baths take place inside a "Thermal Stove", inspired by the one of Saint Calogero in Lipari, built over 3500 years ago. Some treatments happen on a bed of thermal rose salt, others in a nineteenth century copper tub

Wellness area

In an open air zone you can enjoy all the facilities available, treating yourself close to nature for deep relaxation and peace

STEAMBATHS, taken inside a Tholos shaped “thermal stove”, according to an ancient ritual of purification of mind and body, handed down to us from the Eolian culture. Steam baths help with the elimination of toxins, reduce stress, increase oxygen and circulation. They also tone the skin and intensify its colour. Your skin will be visibly soft and velvety. Your well-being will be rejuvenated



WATER THERAPY

variable temperatures and levels of tubs with pressured water jets to soothe the body.

The effects are amazing: general stimulation of the body functions with a deep sense of relaxation, strengthening of the cardio-vascular system, enhancement of muscular tone and a decrease of swelling, pain and tension

KNIPE WALK (for circulation)

in special ponds of marine water, hot and cold water jets massaging the lower legs. Indicated for blood pressure issues and lymphatic stagnation

JACUZZI (Whirlpool bath)

To tone up and firm the skin, to help with the elimination of cellulite, or simply enjoying the water jets.

The water pressure stimulates the release of endorphins, generating a sense of pleasure and relaxation

Self-treatments with

orange blossom, lemon, mud, water, salt

BODY SCRUB

fine exfoliating thalasso salt, for the elimination of dead cells and impurities

HAIR COMPRESS

pure Eolian lemon. Repairs, gives hair body and prevents hair loss

HAND LOTION

pure Eolian lemon. Repairing, purifying, soothing and softening

FOOT SCRUB

thermal thalasso salt with lemon extract to purify, exfoliate and soothe the most neglected parts of the body

FRESH SILT

thermal thalasso mud for face and body; to drain, tone, purify and soothe. Also rich in minerals

FOOT AND HAND BATH

in color-therapy water, thermal thalasso salt in orange blossom essential oil

HERBAL SOAP

skin-reinvigorating to purify, exfoliate, soothe; for soft and shiny skin

ORGANIC HERBAL BAR

enjoying tasty and healthy herbal teas, shakes and a light menu

NATURE ONLY
GIVES TRUE
BEAUTY AND
VITALITY,
BECAUSE IT
HELPS THE
CORRECT
FUNCTIONING OF
THE BODY

Beauty area

the place where you can enjoy, from skilled practitioners, aesthetic treatments, massages and real "beauty rituals".

With all-natural cosmetics which are innovative even in the method of their preservation.

In a perfect balance between nature and beauty we have created exclusive treatments which are inspired by the folk tradition of the Eolian Islands

TWO HOURS of full body massage, facial mask, body gel compress and facial serum. Great treatments also for men

PRICKLY PEAR

TONIC AND MOISTURIZING

In the folk tradition of the Eolians, women used prickly pear pulp for its reinvigorating properties.

In our protocol we adopt the high percentage of "fitostimoline" and magnesium contained in the prickly pear, plus a cotton wool like gum, giving the skin deep moisture and tone. The refreshing and soothing property attains an immediate relaxation of the skin, gently lifting wrinkles. Epidermis looks immediately younger and shiny



REINVIGORATING ANTI-AGING MALVASIA

Rich in anti-oxidant this sweet wine, typical of the island of Salina, has been used for the first time in a variety of anti-aging treatments to fight skin degradation, to prevent and reduce wrinkles, to tone up.

Epidermis becomes shiny, soft and elastic.

The Malvasia protocol reinvigorates and gives back tone.

The secret of our Anti-Aging treatment is in the "polifenoli" and sugars of the malvasia which exert a powerful action against free radicals, deeply penetrating into the heart of the skin

ANTI-CELLULITE TONIC CAPER

Therapeutic properties of capers for the cure of the skin have been known since ancient times.

Recently, world wide studies, including by Universities of Messina and Catania, have been published in preminent magazines about the cosmetic properties of capers.

Our treatment utilises the elements of the plant to exfoliate, detox and tone up, giving the skin softness and shine: reducing inflammation of skin cells, typical of cellulite.

Excellent for capillary frailty and redness of the skin

BALANCING ANTI-STRESS BITTER ORANGE (NEROLI)

In aromatherapy neroli IS the anti-depressant.

It is widely used to relieve stress, for oily and dull skin as a purifier.

Our cure utilizes all the beneficial and aromatic characteristics of the fruit.

It is indicated for dull and tired skin:

balancing, moisturizing and cellular reinvigorating.

Ideal for sensitive skin

BATH ALMOND MILK

rich in mineral salts and vitamins.

The experience consists of a full immersion in a nineteenth century copper tub, filled with fresh almond milk, while receiving a facial massage.

It reinvigorates cells, tighten pores and nourishes the skin.

It is recommended as a completion of our "rituals"

BATH SPARKLING WATER

It is an experience of beauty for the senses to stimulates skin and muscles with chromo-therapeutic fizzy water, scented with citrus-essential oils

The copper tub, where one is bathing, vibrates to obtain ultrasound waves.

SPIRIT AND BODY
CARE
SHOULD BE
ALWAYS
INTEGRATED
IN A BEAUTY
PROCESS

From skin to heart: our massage sessions

*our hands-on for vitality, beauty
relaxation, pleasure, a healthy
looking skin and a calm mind.*

*Our massage sessions last sixty
minutes*

THERAPEUTIC-ICE MASSAGE

Anti-stress and decongestant.
Executed with a mauve water ice-cube,
gently rubbing specific parts of the body,
with circular moves
The cold creates an analgesic effect and
helps with muscular tension.
Indicated for skin inflammations.
Available also in pure iced silt.

SEA-OIL MASSAGE

Draining and reinvigorating for the skin. Works against cellulite and flaking skin.

Stimulates tissue micro-circulation and cellular metabolism.

Sea-oil, or "mother water", is the remaining liquid after a salt extraction at the bottom of salt-mine.

High in bromine, iodine, magnesium and zinc, it is very suitable for extracting impurities from deeper skin layers.

The red color is determined by the content of carotene, a powerful anti-oxidant.

Positive for blood and lymph circulation

HERBAL BUNDLE MASSAGE

For the balance of mind and body.

It's a two-part massage. First light strokes are performed with a blend of warm essential oils,

then small linen bundles, filled with medicinal herbs,

chosen according to individual need.

It helps with the release of toxins and unblocks the flow of energy, loosens up muscles and nourishes the body

AROMATHERAPY MASSAGE

It is suited to each client personal needs. Depending on the oils, it can be calming, relaxing, smoothing for the skin, anti-redning, tonic

It is helpful for head aches and constipation.

Essential oils act directly on the nervous system

They also get absorbed through the sense of smell

SALINA MASSAGE

Vitality is the awesome result of the Salina Massage.

Tones up, heals, helps to eliminate water retention and activates kidney energy.

A natural peeling combining the softness of the practitioner's hands with purifying and draining salts and the healing properties of capers, honey, olive oil, wisely blended.

The massage is received in a concave bed of pink thermal salt

WE SHOULD BE
MORE
RESPECTFUL OF
OUR OUR BODY.
WE ARE THE ONLY
ONE
RESPONSIBLE OF
ITS WELL-BEING

Our signature Products

Special and original, both to touch and sight, our brand products represent the best we could achieve for skin care.

They are more than cosmetics, with higher concentration of vital ingredients, they are precious jewels to those who prefer the best

INSPIRATIONS

Simple formulas, proven to be effective and safe on humans and respectful of the environment

Vegetable ingredients, natural food preservatives.

We have preserved the vital energy of Eolians Archipelago with its scents and colours.

Unique alchemy between science and nature to communicate the beauty and uniqueness of the Hotel Signum



HOME CARE

To those who'd like to continue the care of their well-being and beauty, in the privacy of their own house, we offer a home-program with our brand products, the same used in the Signum SPA

BEAUTY AND NATURE

In fine glass packaging, you can purchase all the products used in our SPA: from caper serums to draining malvasia gels, to herbal scrubs and thermal salts. Products, wellness-walks and massages are exclusively created by the expert Gabriele Bettoschi

CLARIFICATIONS

Our cordial and well prepared staff is here also to suggest you the best use of our structure and best protocol you might need

BOOKING To better enjoy our structure you are welcome to arrive before your scheduled time.
In case of delay, you will not be able to extend the session

DRESSING Swimming suite in the well-being area
You are provided with disposable slippers and panties and pure linen towels and bathrobes

CANCELLATION For cancellations done within the twelve hours prior the appointment, a 50% of the full cost is asked.
For those who don't reside at the Signum a credit card number is required

RESPECT AND SMOKING A not-smoking policy is applied in every part of the premises.
Cellular phones must be turned off

HEALTH Please let us know of any health condition which could affect the method of the treatment or your use of the facilities

NOTICE Our products are 100% natural; no petrol by-products or animal ingredients.
Still, we discourage people with thyroid, cardio-circulatory and blood pressure issues from using salt-containing products

NATURE LOVERS We only manufacture environmental sound and cruelty-free products, which are made of 100% vegetable ingredients.
Our staff uniforms are in organic cotton
For this brochure no tree has been knoked down.
It is made of cotton paper



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