

Parcours Essentiel Marc Messugué

3 nights/4 days - 4 nights/5 days - 7 nights/8 days - 9 nights/10 days

The package includes:

- Full board accommodation with personalized diet (from the dinner of the arrival day to the lunch of the departure day)
- Phytotherapeutic check-up conducted by Marc Messugué (height, specific herbal treatments, specific diet)
- Medical consultation with Dr. Roberto Merani
- Hand-baths*, foot-baths**, inhalations** with herbal decoctions every day
- Personalized exercises in the gym and pool, postural exercises and group walks with a personal trainer every day*
- Access*** to the Acque Emozionali indoor Swimming Pool at 28°C and Spa circuit: Finnish saunas, Mediterranean bath, Turkish bath, relaxation area, emotional showers; Hydromassage Room with thalassic tub, circular hydromassage, hydromassage with magnesium and potassium enriched water; Oasi del Parco with indoor/outdoor pool at 34 °C, Kneipp course, Silenzio e Relax (relaxation area)

Beauty and medical or physiotherapeutic treatments are on request and require payment.

*excluding the day of arrival and the day of departure

**excluding the day of arrival

*** according to the daily program

PARCOURS ESSENTIEL – 2025 PRICE LIST

PRICES ARE VALID FROM 17th MAY 2025 TO 6th JANUARY 2026
EXCEPT OF AUGUST AND NEW YEAR'S PERIOD (PLEASE SEE BELOW)****

A) RATE PER PERSON	3 nights/4 days	4 nights/5 days	7 nights/8 days	9 nights/10 days
Messugué Double for sgl use	€ 1.470,00	€ 1.940,00	€ 3.010,00	€ 3.825,00
Deluxe Double for sgl use	€ 1.605,00	€ 2.120,00	€ 3.325,00	€ 4.230,00
Messugué Double	€ 1.275,00	€ 1.672,00	€ 2.548,00	€ 3.240,00
Deluxe Double	€ 1.365,00	€ 1.792,00	€ 2.758,00	€ 3.510,00

GOLD PERIOD 14th NOVEMBER/8th DECEMBER 15% DISCOUNT ON THE ABOVE PRICES

1st /31st AUGUST AND NEW YEAR'S PERIOD (27th DECEMBER/6th JANUARY 2026) ****

B) RATE PER PERSON	4 nights/5 days	7 nights/8 days	9 nights/10 days
Messugué Double for sgl use	€ 2.152,00	€ 3.360,00	€ 4.248,00
Deluxe Double for sgl use	€ 2.332,00	€ 3.675,00	€ 4.653,00
Messugué Double	€ 1.840,00	€ 2.800,00	€ 3.600,00
Deluxe Double	€ 1.960,00	€ 3.010,00	€ 3.870,00

The Cappuccini Stay for accompanying persons is based on best available rates at time of booking and includes: full board accommodation, access to the spa and to the water park.

The above mentioned rates are per person, per stay, inclusive of VAT and valid for reservation made from 3rd May 2025 onwards.

Occupancy Tax not included in the rates: an extra amount of € 3,00 per person per night (not applicable to children under 12 years old and up to a maximum 4 day consecutive stay) will be applied.

**** [Please check Calendar to see the weeks dedicated to Marc Messugué treatments](#)



Parcours Complet Marc Mességué

4 nights/5 days - 7 nights/8 days - 9 nights/10 days

The package includes:

- Full board accommodation with personalized diet (from the dinner of the arrival day to the lunch of the departure day)
- Phytotherapeutic check-up conducted by Marc Mességué (height, specific herbal treatments, specific diet)
- Height check-up on alternate days and prescription of therapy to be continued
- Medical diagnosis with clinical, laboratory and instrumental check-up (Dr. Roberto Merani)
- Daily medical assistance; Body composition assessment
- Hand-baths*, foot-baths** and inhalations with herbal decoctions every day
- Personalized exercises in the gym and pool, postural exercises and group walks with a personal trainer every day*
- Access*** to the Acque Emozionali indoor Swimming Pool at 28°C and Spa circuit: Finnish saunas, Mediterranean bath, Turkish bath, relaxation area, emotional showers; Hydromassage Room with thalassic tub, circular hydromassage, hydromassage with magnesium and potassium enriched water; Oasi del Parco with indoor/outdoor pool at 34 °C, Kneipp course, Silenzio e Relax (relaxation area)
- No. 1 exfoliating body massage
- No. 1 body massage and facial treatment
- No. 1 body massages (5 days' package), No. 4 body massages (8 days' package) or No. 6 body massages (10 days' package)
- No. 1 tailored heat or cold treatment (5 days' package), No. 3 tailored heat and cold treatments (8 days' package) or No. 4 tailored heat and cold treatments (10 days' package).
- No. 1 back and leg massage (25 minutes) or beauty treatment for hands (last day)
- No. 1 facial treatment (8 days' packages), No. 2 facials (10 days' package)

*excluding the day of arrival and the day of departure

**excluding the day of arrival

*** according to the daily program

PARCOURS COMPLET – 2025 PRICE LIST

PRICES ARE VALID FROM 17th MAY 2025 TO 6th JANUARY 2026

EXCEPT OF AUGUST AND NEW YEAR'S PERIOD (PLEASE SEE BELOW)****

A) RATE PER PERSON	4 nights/5 days	7 nights/8 days	9 nights/10 days
Mességué Double for sgl use	€ 2.360,00	€ 3.878,00	€ 4.950,00
Deluxe Double for sgl use	€ 2.540,00	€ 4.193,00	€ 5.355,00
Mességué Double	€ 2.096,00	€ 3.409,00	€ 4.320,00
Deluxe Double	€ 2.216,00	€ 3.619,00	€ 4.590,00

GOLD PERIOD

14th NOVEMBER/8th DECEMBER 15% DISCOUNT ON THE ABOVE PRICES

1st /31st AUGUST AND NEW YEAR'S PERIOD (27th DECEMBER/6th JANUARY 2026) ****

B) RATE PER PERSON	4 nights/5 days	7 nights/8 days	9 nights/10 days
Mességué Double for sgl use	€ 2.620,00	€ 4.305,00	€ 5.535,00
Deluxe Double for sgl use	€ 2.800,00	€ 4.620,00	€ 5.940,00
Mességué Double	€ 2.308,00	€ 3.745,00	€ 4.770,00
Deluxe Double	€ 2.428,00	€ 3.955,00	€ 5.040,00

The Cappuccini Stay for accompanying persons is based on best available rates at time of booking and includes: full board accommodation, access to the spa and to the water park.

The above-mentioned rates are per person, per stay, inclusive of VAT and valid for reservations made from 3rd May 2025 onwards. Occupancy Tax not included in the rates: an extra amount of € 3,00 per person per night (not applicable to children under 12 years old and up to a maximum 4-day consecutive stay) will be applied.

**** [Please check Calendar to see the weeks dedicated to Marc Mességué treatments](#)

Marc Mességué ai Cappuccini c/o Park Hotel ai Cappuccini – Via tifernate 06024 Gubbio (PG) – Italy
Tel +075 9234 Fax +075 9220323 – info@parkhotelaicappuccini.it – www.parkhotelaicappuccini.it

