



RESORT & SPA

THE WELLNESS MENU

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AYURVEDIC Enveloping and fluid Massage that originates from the ancient healing techniques of Ayurvedic medicine. The hands slide on the body with continuous, fluids and enveloping movements, like a sacred dance. It permits the release of the energy, improving the blood and lymphatic circulation, giving a wonderful sense of lightness and well-being.	25'	48
	50'	82
HEAD-FACE AND NECK AYURVEDIC MASSAGE Relaxing and anti-stress Massage involving the head, face and neck. This treatment eliminates stress, fatigue and nerve stiffness. Gentle manoeuvres and warm oils tone and relax the skin. Relieves symptoms such as sinusitis and headaches, improves brain capacity.	25'	48
HAWAIIAN MASSAGE "LOMI-LOMI NUI" Relaxing and enveloping The sea, which is considered by the Hawaiians to be the source of life, is reflected in the Lomi-Lomi Nui by continuous and constant movements without pause, like an intense embrace where the continuous fluctuation of the body simulates the caress of a wave, thus becoming not just a physical experience but also a mental, emotional and spiritual one. Let yourself be lulled by the undulating movements performed with sinuous and relaxing rhythm, let yourself be pulled into another dimension.	25'	48
	50'	82
BIO - ENERGETIC MASSAGE Reading the body This massage allows you to unlock all the deep tensions in the muscles, joints and tendons, through advanced digital acupressure techniques. This treatment is combined with a conscious breathing technique that acts on the receiver's energy. All this is made possible thanks to the liberating manoeuvres that emanate from bioenergy and meditation.	25'	48
	50'	82
CANDLE MASSAGE Relaxing and nutritious From the gentle flame of a scented candle, a warm shea butter will envelop your whole body with relaxing and invigorating movements. The benefits of this massage are combined with feelings of warmth, softness and renewed radiance of the skin.	50'	82
HOT STONE MASSAGE Soothing A massage that originates from the customs of the Arizona Indians. Smooth volcanic stones have the power to retain heat and release it slowly when they come in contact with the skin. The alternating of hot and cold stimulates the circulatory system, tones and decongests. Recommended treatment in cases of panic attacks, emotional trauma and muscle spasms.	60'	88
BERBER MASSAGE Purifying A Moroccan massage for the purification of the body. Through the use of natural Argan oil, rich in vitamin E, it gives a sensation of lightness and freshness to the skin using its anti-aging properties. The Berber massage has the characteristics of being relaxing, anti-stress and of dissolving any muscular tension.	25'	48
	50'	82
BERBER RITUAL A treatment with perfumes and essences that emulate the stages of the pre-wedding Berber purification ceremonies. Turkish Bath - Water Path - Scalp massage and restructuring wrap for the hair with Argan Oil	60'	88
ANCIENT ETRUSCAN SPA MASSAGE A delight for body and mind The Etruscan Thermal Massage involves both mind and body. The scrub, made of vegetable oil and sea salt, cleanses and smooths the skin, stimulates tissue drainage and prepares the body to receive a personalized massage based on creams enriched with thermal water.	60'	88

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<p>THAI OIL Rebalancing</p> <p>The Thai Oil Massage is a gentle form of treatment of Thai origin, performed with essential oils. Combining friction techniques and moderate stretching, this massage touches and harmonizes points that lie on invisible lines positioned under the skin, stimulating and harmonizing the internal organs. Also, very effective at the muscular and lymph levels, thanks to particular pressures and movements, the energy channels are rebalanced.</p>	50'	82
<p>MASSAGE WITH CUP Anti-cellulite and toning</p> <p>Cupping was originally born as a practice of Chinese medicine and today it has become an effective treatment against cellulite blemishes. Through the use of glass cups it is possible to act on the deepest cellulite by removing the stagnation of liquids and reactivating the circulation. Thanks to this technique it increases the blood flow to the surface and therefore the nourishment to the skin which is revitalized and toned, therefore also suitable for an anti-aging treatment of the skin of the face.</p>	60'	88
<p>MAORI Relaxing and invigorating</p> <p>The Maori Massage, intense and deep. Prepares the individual to face life, physical effort and overcome any fears. In addition to the hands, tools similar to those used by the priests in ancient rites are also used to increase the courage and strength of Warriors. It is a technique that allows the therapist to work deeply, shaping the body, making it more harmonious, strong and toned.</p>	50'	82
<p>SPORTS MASSAGE Muscular and intense</p> <p>The Sports massage is rich in vascularizing, draining, joint mobilization, traction and stretching manoeuvres, focusing attention on the muscles used during physical activity. It can be useful to relieve pain in case of spasms or other light traumas.</p>	25'	48
<p>MYOFASCIAL Decontracting - Muscular and articular</p> <p>Based on a manipulative technique that enables the therapist to identify and deactivate the "trigger-points" (points of maximum muscle contraction) acting on precise areas to relieve muscle tensions and pain. Combines massage techniques (stretching) and joint mobilization, facilitating walking and postural functionality, dissolving the stresses of muscle physiology. Great for sportsmen.</p>	25'	48
<p>CONNECTIVE MASSAGE Aesthetic for imperfections of cellulitis and fat</p> <p>Treatment of the connective tissue bands, performed with deep pressure that acts on localized adiposity and cellulitis imperfections, stimulating diuresis and the consequent elimination of toxins with visible and perceptible changes to the touch. It acts on the muscles for a toning effect, helping the elimination of lactic acid.</p>	25'	48
<p>LIMPHATIC MANUAL DRENAGE "VODDER" method - draining and purifying</p> <p>Rhythmic, gentle, rotating movements in harmony with the respiration for a pleasant sensation of lightness. Manual Lymphatic Drainage helps the reabsorption of excess liquids, has a deep detoxifying effect and strengthens the immune system. This treatment stimulates cellular activity and tissue regeneration for optimal anti-cellulitis and anti-aging action.</p>	60'	88
<p>PLANTAR REFLEXOLOGY</p> <p>Through massaging the foot and the stimulation of specific points on the foot, the body's balance is restored. According to ancient Chinese medicine, every organ muscle and joint has its own reflex point in the feet, and this is how this treatment is able to trigger the process of self-healing both physically and mentally.</p>	25'	48
<p>INDONESIAN MASSAGE "SEA-MALAY" Relaxing and decontracting for the cervical area</p> <p>"Queen's massage". The Sea-Malay is taken from elements of Indian and Chinese medicine. Warm and fragrant oils, gentle and enveloping pressures. Treatment indicated in the presence of shoulder and cervical contractures. For all those who want to immerse themselves in a "thorough pampering" from head to toe.</p>	25'	48
<p>SLENDER MASSAGE Draining</p> <p>The Slender Massage has the primary purpose of shaping and toning the body at 360 degrees. It combines the most effective maneuvers to drain, sculpt and drastically reduce the imperfection of cellulite</p>	50'	82
<p>BALINESE MASSAGE Relaxing and decontractural</p> <p>Balinese massage comes from a combination of techniques from different ethnicities from the island of Bali. Its properties stimulate the blood flow and reactivate energy levels giving the body a sensation of deep well-being and relaxation. It is characterized by prolonged and gentle movements, alternating more or less strong pressure on the muscles of the whole body. This technique is very effective for drainage, cell renewal and breaking down tension in the dorsal and cervical areas</p>	25'	48
	50'	82

✿ DAY-SPA PACKAGES		€
✿ RELAX MASSAGE Relaxing Relaxing, harmonious, rhythmic, a unique massage that evokes silence, nourishes with olfactory notes, caresses the body and mind, giving a deep sense of well-being	25'	42
	50'	72
✿ LIMPHO-MASSAGE Lymphatic drainage A gentle and rhythmic massage by hand that stimulate the lymphatic circulation facilitating the reabsorption of excess fluids. Very effective in the treatment of imperfections caused by cellulitis and venous insufficiency. It helps to combat heaviness and puffiness by stimulating the body's immune defences giving a feeling of lightness	50'	72
✿ FOUR ELEMENTS MASSAGE Harmonising the body's energies This massage is based on the traditional Thai concept of massage intended as a cure, focussed on the principles of the philosophy of the 4 elements of the universe: wind, water, earth and fire. The properties of natural aromatic oils, carefully mixed, harmonize the unbalanced elements in the body, returning the flow to natural rhythms.	50'	72
✿ ZEN MASSAGE Relaxing and balancing Zen massage, which is of Japanese origin, is a relaxing massage. There are many advantages to this treatment: more energy, less tiredness due to stress, better intestinal function and more relaxed sleep.	50'	72
✿ AROMATIC MASSAGE Alchemic relaxation Slow, gentle and deep movements penetrate the skin with a blend of essential oil, relaxing and stimulating the olfactory memory towards an energetic and emotional awakening.	25'	42
	50'	72
✿ THAI CLASSIC MASSAGE Regenerating and decontracting Thai massage is a dance, a meditation in motion. This massage is old, it has been handed down over 2500 years, through a gentle passive stretching, yoga and pressure on the body's energy meridians, it improves posture, the functionality of the nervous, circulatory, and lymphatic systems, relaxes and creates a general sense of well-being by stimulating the body's vital energies.	25'	42
	50'	72
✿ SHIATSU Relaxing and regenerating The Shiatsu (finger pressure) massage is the primordial touch based on traction and finger-pressure, without the use of oils or creams, as indispensable as the air and light we all feed on. Touching the energy points with the right intensity and quality, tensions are dissolved, and the muscles are relaxed, giving a sense of freedom and lightness to the client throughout their body.	25'	42
	50'	72
✿ IOKAI Relaxing and regenerating Master Shizuto Masunaga has developed a shiatsu methodology based on the energetic vision of the recipient as a person. This massage is characterized by the static pressure that is carried out perpendicular to the surface of the body. The pressures go deep and produce a stimulus to which the body of the recipient "responds", recovering and manifesting vital resources from the depths.	25'	42
	50'	72

THE WORLD OF BEAUTY - FACE		🕒	€
FACIAL Deep cleansing of the skin. (Cleansing - Scrub - Personalized mask - Cream application massage).	REGENERATING	TREATMENT 60'	88
HALICE REVITALIZING AND ANTI-AGING TREATMENT Highly professional treatment with CAS-based products with a high protein content and anti-aging, revitalizing and regenerating properties. (Cleansing - Scrub - Mask - Revitalizing serum - Cream application massage).		60'	98
BIO-FACE Relaxing and anti-aging wrinkle prevention This massage is performed on the face, neck and décolleté, combining various manipulative techniques, working on connective, muscular and lymphatic tissue with specific functions and physiological effects. In addition to being very relaxing and invigorating, it drains and relaxes. Undergoing this treatment at weekly intervals, helps to act as an anti-aging treatment that gives the skin greater elasticity and luminosity.		25'	42
FACE LIGHTENING TREATMENT Anti-aging Non-invasive manual stimulation of the face that allows the outflow of the lymph and activation of the microcirculation. This anti-aging massage technique promotes skin relaxation with an immediate glowing effect.		25'	42
AROMATIC WATER MASSAGE HEAD-FACE Anti-stress The "Aromatic Water" come from the distillation of essential oils. The head-face treatment is a pleasant anti-stress and anti-aging massage that relaxes the skin, giving brightness and tone. The effects of this treatment are felt throughout the body, the sweet scent of the water acts positively on both mood and emotions.		25'	42
MANUAL LYMPHATIC DRAINAGE HEAD-FACE Rejuvenating (with a personalized face mask) Facial treatment that acts in cases of droop, oedema, acne, rosacea and a couperose complexion. Tender manual skills help the skin to regenerate and come back fresh and elastic. The mask is freshly prepared, based on essential oils.		60'	88
THAI NECK-HEAD-FACE Decontracting Specific treatment for the relaxation of the cervical tract and facial skull. Through the use of pressure, stretching and percussion typical of classic Thai, you get a pleasant sensation of joint and muscle lightness		25'	42
FACE MASSAGE WITH CUP Invigorating Cupping is performed following the physiological lines of the face which, with the help of the cups, stimulate the fibroblasts, attracting water to the surface. This process thins wrinkles and brightens the entire face.		30'	49

THE WORLD OF BEAUTY – BODY		🕒	€
BODY EXFOLIATION Body scrub with ancient Etruscan salt - Shower - Body cream application massage.		30'	52
BODY TREATMENT Specific personalized treatment: toning, stimulating, draining or detoxifying. (Scrub - Shower - Body mask - Cream application massage).		60'	73

THE WORLD OF AESTHETIC TREATMENTS	€
EYEBROW TINTING	12
EYEBROW STYLING AND EPILATION (with tweezers)	25
BASIC MANICURE Aesthetic Treatment includes: cutting and filing the nails, application of a nourishing cream. This does not include applying nail varnish.	18
MANICURE WITH NAIL TREATMENT Cutting and filing the nails, cuticle removal, application of nourishing cream, applying varnish or a scrub.	28
BASIC PEDICURE This is an aesthetic pedicure which includes nail cutting, application of nourishing cream. This does not include applying nail varnish.	30
PEDICURE WITH TREATMENT This is a remedial pedicure which, in addition to the aesthetic treatment, goes to work on corns, calluses, thickened skin and nail varnish or a scrub are applied.	35
APPLICATION OF SEMI-PERMANENT VARNISH FOR HANDS AND FEET	+20
THE BRIDE AND THE BRIDE'S MOTHER'S MAKEUP (includes 1 test)	370
DAY AND EVENING MAKEUP	50

HOT WAX EPILATION	€
UPPER LIP	6
EYEBROWS (or using tweezers)	8
ARMPITS	12
ARMS	18
BIKINI LINE	15
LEGS (PARTIAL)	22
LEGS (ENTIRE)	32
MEN'S SHOULDERS	25
MEN'S COMPLETE WAXING	40