



SPA & MASSAGE

RELAX YOUR BODY



Treat yourself to moments of
well-being and peace in our Spa





Our new Wellness Center "**Ai Masi**"
is the place to **find balance** immersed in the nature of
the mountain.

The ideal place to experience the **harmonious**
exchange between the forces of the external
environment - made of water, plants, wind and earth -
with the internal energies of the individual.

Man and **Nature** come together here in a mutual
embrace, **rediscovering their common center**.
Massages to rebalance internal energies and beauty
treatments to make inner beauty shine even more,
even on the outside.



Exclusive massages



A wide range of massages that have their roots in **Classical Chinese Medicine and Ayurveda** to restore balance and well-being in the individual and maintain a harmonious relationship with everything around us. The gentle rhythmic movements, in an atmosphere of absolute relaxation, reach the depths of the spirit through massage and represent an **effective prevention** for one of the most common problems nowadays: stress.





Rebalancing massages

Facial massage

The Flow

Massage designed to relax facial features, **hydrate and nourish the skin** to give new luminosity to the face.

A **sweet cuddle** that can be combined with one of the exclusive facial rituals to give a boost of **energy** to the skin.

25 min | € 50,00

Back massage

One moment

Stress and tension often accumulate on the back and neck and thanks to this short, but effective, massage you can find a **feeling of lightness**. Finally, the rhythmic passages allow the muscles to acquire **new energy**.

25 min | € 55,00

Head massage

Sensations at dusk



The head and scalp are areas **rich in nerve endings capable**, in a reflex way, of regulating the entire organism and **deeply relaxing the mind** and muscle contractures.

This treatment therefore has a notable relaxing and **decontracting function** for the muscles of the neck and shoulders.

Furthermore, the stimulation of the reflex points on the head gives a feeling of **general relaxation**.

25 min | € 50,00





Back massage

Strength game


Massage dedicated to all those who suffer from **muscle-tension contractures** at the dorsal and lumbar level. The manual movements, applied with hot oil, give new **elasticity** to the body.

In addition, the use of **heated lava stones** further relaxes the connective tissue and stretches the tense muscle fibers.

40 min | € 80,00

Body massage

Reflections of the Self



The **fluid movements** of this massage envelop the back, head, arms, legs, abdomen and finally the face.


The massage perfectly embodies the vision of **well-being** and guarantees the correct flow of **Yin and Yang energies**.

The sensation of **harmony** felt inside, between mind and body, is thus also reflected on the outside.

50 min | € 90,00

Foot Reflexology

The flower and the roots



This treatment, the result of an ancient technique called "**On Zon Su**", which represents the origin of massage in Classical Chinese Medicine, begins with manual movements aimed at facilitating the **correct flow of fluids** along our body. It then focuses on the map of the foot of the **reflex zones** of the main organs of the body to bring them **balance and benefit**, and so to the whole body.

50 min | € 85,00





Massages Regenerating & Detoxifying

Regenerating facial massage with Guasha



The face represents our identity. In its different **expressions** and slight variations in color we can appreciate the **well-being** of a person. The ancient technique of **Guasha**, stimulating the points and **meridians** of the face in a targeted manner, brings out the **brightness** and stimulates the tone of the skin immediately after the treatment. Thus our truest and deepest nature emerges, together with that brilliance that also expresses the **joy of living**.

40 min | € 80,00

Regenerating Body Massage

Massage with **dynamic movements** that stimulate two specific meridians: that of the **gall bladder**, which promotes action, and that of the **kidney**, which reactivates the **energetic force** located within us, thus giving life to a renewed **sensation** of lightness and **enthusiasm**.

50 min | 90,00

Detoxifying Body Massage

To stimulate the **detoxification** of the organism, relaxing manual movements are applied on the points of the **liver** and **kidney meridians** which have the function of **purifying** and infusing vigor respectively. The boundary between the body and our deepest "I" becomes thinner and from the inside out a **new luminosity** springs forth.

50 min | € 90,00





Decontracting sports massages

Toning Massage

A sweet support



Sports massage with a **toning action** that focuses on the legs and back with slow movements for a touch of **total relaxation**. It promotes greater oxygenation for the **recovery of muscle tone** and is perfect after physical activity to **relieve tension** in the dorsal area and lower limbs.

50 min | € 90,00

Muscle Relaxation Massage

Sweet relief



This massage focuses on the cervical and scapular area with medium pressure and more **dynamic manuality** on the legs to restore muscle tone to normal. The energy meridians involved aim to promote oxygenation of the body, thus **eliminating toxins** and promoting **relaxation of muscle tissue**.

50 min | € 90,00





Decontracting Massage

Deep relief

In this muscle-relieving massage, the maneuvers are applied with the elbows and forearms to act directly on the contractures of the **back, legs and arms**.

Perfect for those who want **deeper pressure**, “Deep relief” helps reduce muscle pain and **release tension**.

50 min | € 95,00



Body Massage

Hot Stone

Hot Stone Massage is a massage technique that uses hot stones to **release muscle tension and improve circulation**. The stones, usually basalt, are heated and placed on the body, slowly releasing heat **to help relax muscles**, improve blood circulation, reduce inflammation, **relieve stress** and promote general well-being.

50 min | € 85,00

75 min | € 120,00





Ayurvedic Massages

MARMABHYANGAM

The marma points massage in Sanskrit “Marma abhyanga” involves the **stimulation of the 117 main vital energetic points** called “Marma” which contain “Prana”, the vital energy. This massage helps us to **release our emotional energy**, aims to purify, nourish and **harmonize the body**. It strengthens the immune system, helps to reduce muscle tension.

50 min | € 90,00



PADABHYANGAM

Ayurvedic massage that focuses on the **feet and ankles**, with the aim of rebalancing energy and promoting **physical and mental well-being**.

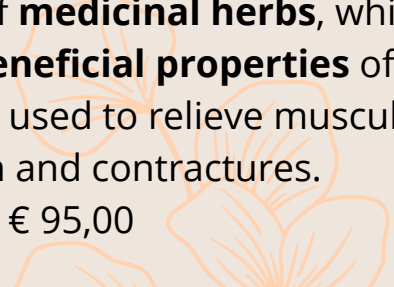
Pada Abhyanga is considered an effective method to relax the mind, release tension in the feet, reactivate circulation and promote more **restful sleep**. It also helps to make the joints of the foot more flexible and **reduce muscle stiffness** and swelling in the extremities.

40 min | € 70,00

OTHADAM

It is a **complete wellness treatment** that acts on the body, mind and spirit, promoting **relaxation**, absolute **distension** and **sensorial abandonment**. It is a massage that uses warm bundles of **medicinal herbs**, which are heated and used to massage the body, releasing the **beneficial properties** of the herbs (relaxing, purifying, and pain-relieving), and is often used to relieve muscular and **rheumatic pain**, inflammation and contractures.

50 min | € 95,00





Facial Rituals

The texture of our products will accompany you through scents and sensations of well-being to rediscover a new light and regenerate the skin with relaxing and sensorial manual techniques.

Facial Cleansing Ritual

Our secret



Perfect before any treatment, **this ritual purifies the skin** of the face in three steps: it begins with cleansing and eliminating impurities, then a soothing rebalancing mask is applied and it ends with a **relaxing massage**.

50 min | € 70,00

Hydrating Ritual

Without words



Moisturizing treatment indicated for dry skin, dull complexion and in need of deep hydration. The protagonist of this treatment is **hyaluronic acid** which reactivates cellular function.

50 min | € 75,00

80 min | € 120,00





Detox face Ritual

Purity

Purifying treatment suitable for **impure and acne-prone skin**. Accompanied by a detoxifying algae mask, it **oxygenates and regenerates the skin** of the face by removing impurities and giving firmness and vigor to the face.

50 min | € 75,00

80 min | 125,00

Anti-Age Ritual

Breathing you

Treatment that aims to give **youth** to the face thanks to marine collagen renowned for its **regenerating and antioxidant properties**.

For toned and compact skin.

50 min | € 85,00

80 min | € 130,00



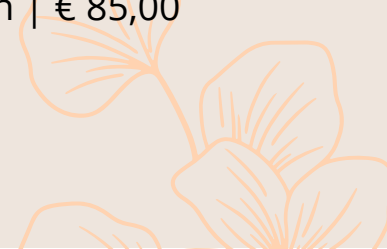
Eye Contour Ritual

Facial treatment with **particular attention to the eye and lip contour**. A light cleansing and exfoliation accompany the alginate mask that gives **firmness and brightness** to the eye contour. A **lymphatic drainage massage** follows to eliminate signs of fatigue and bags under the eyes.

All for an **effective result** on the entire face.

25 min | € 40,00

50 min | € 85,00





Rituals for the body

A caress all over your body to find soft and silky skin.

A moment **dedicated to yourself**, rediscovering the pleasure of feeling beautiful, thanks to the use of our exclusive products and an atmosphere of absolute relaxation where the body becomes one with nature.

Body Cleansing Ritual



Specific exfoliating ritual to free the body from **impurities and toxins**. Purifies and gives **new light to the skin**. Ideal preparatory treatment for all our rituals.

50 min | € 75,00

Slimming Ritual



Regain shape and well-being thanks to the **revitalizing and slimming principles** contained in our **draining muds**.

Accompanied by a massage on the areas affected by blemishes, it helps to expel toxins by freeing the body from **excess fluids** for a refined, toned and **sensual silhouette** and a greater sensation of lightness and flexibility.

50 min | € 85,00

80 min | € 120,00





Decontracting Ritual

The strong decontracting action of this ritual gives lightness to **tired muscles** after sports.

The **Arnica Montana** compress and the massage on the **back and legs** provides an **anti-inflammatory action** and reduces pain for a **pleasant sensation of relief** to the muscles and joints.

50 min | € 85,00

80 min | € 130,00



Toning Ritual

The ritual brings **infinite freshness** to the entire body.

Ideal **after sports or a long walk**, it helps to relieve leg muscles and foot tension.

A relaxing wrap and a massage with a fresh and hydrating emulsion based on mint and eucalyptol complete the ritual that ends with a **burst of well-being**.

50 min | € 80,00

80 min | € 120,00





Packages


A caress all over your body to find soft and silky skin.
A moment dedicated to yourself, rediscovering the pleasure of feeling beautiful, thanks to the use of our exclusive products and an atmosphere of absolute relaxation where the body becomes one with nature.



Wellness package

1-2 days

Body Cleansing Ritual 50 min
Foot reflexology "The flower and the roots" 50 min
Body Massage "Reflections of the Self" 50 min
€ 215,00



Regenerating Package

1-2 days

Anti-Age Facial Ritual 50 min
Regenerating facial massage with Guasha 40 min
Toning massage "A sweet support" 50 min
€ 230,00





Equilibrium package

1-2 days


1 Slimming Body Ritual 80 min

1 Detox Massage 50 min

1 Reflexology "The Flower and the Roots" 50 min

1 "The Flow" Facial Massage 25 min

€ 310,00



Stress Escape Package

3-4 days

1 Toning body ritual 50 min

1 OTHADAM Massage 50 min

1 Hydrating Facial Ritual 50 min

2 Hot Stone Massages 50 min

€ 400,00

Energy package



3-4 days


1 Decontracting Body Ritual 50 min

1 PADABHYANGAM 40 min

2 Deep Relief Massages 50 min

2 Purity facial rituals 50 min


€ 445,00





Beauty Essentials

Manicure express	€ 35,00
Manicure Spa	€ 50,00
Semi-permanent manicure	€ 70,00
Pedicure express	€ 35,00
Pedicure Spa	€ 55,00
Pedicure with Semi-permanent Filing + enamel	€ 75,00 € 35,00
Eyebrow arch touch-up	€ 10,00
Eyelash coloring	€ 12,00
Eyebrow coloring	€ 10,00





Armpit hair removal

€ 15,00

Half leg hair removal

€ 25,00

Whole leg hair removal

€ 30,00



Bikini hair removal

partial € 20,00/ total € 35,00

Arms hair removal

€30,00

Chest or back depilation

€ 30,00

Supralabial hair removal

€ 8,00

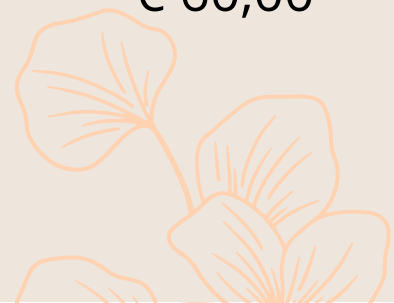
Depilation half leg,groin,armpits

€ 50,00



Full hair removal
(full leg, groin, armpits)

€ 60,00



APPOINTMENTS AND POLICIES



In order to ensure that treatments are available at your desired times, we recommend that you schedule appointments in advance by contacting the Spa or Hotel Front Desk.



If you are undecided in your choice of treatments, we will help you identify the solutions that best suit your needs.



Please arrive in a bathrobe and slippers-and preferably without jewelry-at least 10 minutes before the start of treatment.



To change or cancel your reservation, please notify us within 12 hours before the start of the reservation.



We ask you to inform us in advance of any medical conditions or contraindications (hypertension, allergies, cardiovascular disorders, etc.), as well as specific wishes regarding the temperature of the cabin, choice of music or the pressure of the massage so that your moment of relaxation is perfect.



For children under 16 years of age, treatments can be accessed either in the presence of an adult in the cabin or by performing massage and couples treatments with an adult.



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