

WELL-BEING “A LA CARTE”

Wellness

- Aku Punct massage to stimulate the vegetative system and rebalance the sympathetic system. € 56,00
- Aquahealing in the swimming pool: to recover one's psychic self awareness and serenity. € 58,00
- Aromasoul Arabian: ritual-massage with exclusive Arabic blend.
The massage is inspired by the Berber and Tuareg world: thanks to the fluid and the circular movement it is a precious remedy against physical and mental tiredness. € 64,00
- Aromasoul Indian: ritual- massage with exclusive Indian blend. The pretty vigorous massage takes care of your Chakras and will waken your positive energy through a pleasant and relaxing sensorial trip. € 64,00
- Ayurveda for psycho-physical well-being. € 56,00
- Back Neck: a kneading massage to release any tension in your neck and back. € 30,00
- Natural healer consultation and introduction to Green Medicine. € 40,00
- Deep massage: with sliding, elongating and finger-pressure techniques to heal any problematic stress situation. € 56,00
- Soul physiotherapy: "Body & Soul" rebalancing massage to recover your inner balance. € 56,00
- Detoxifying and mineralizing Bio-Mud pack. (in the Twin room for couples € 60.00). € 38,00
- Iris: test and chromo-therapy massage. € 59,00
- Lomi Lomi: de-stressing traditional Hawaiian massage. € 55,00
- Californian massage: stretching and smoothing techniques to relax and tone muscles. € 55,00
- Thermal, myorelaxing massage to release any tension. € 30,00
- Ying Yang massage: a health massage from zen disciplines. € 58,00
- Mystic massage: the ancient ritual of washing the foot using perfumed oils and reflexology massage. € 38,00
- On Zon Su: Tao foot massage. € 56,00
- Pidansweda: massage with warm pads. € 56,00
- Shiatsu. € 56,00
- Stone therapy: massage with basaltic stones and essential oils for a deep relaxation. € 58,00
- Thai, ancient Thai massage against mental stress and for the promotion of physical well-being through the lessening of muscular tension. € 55,00
- Total relax: holistic massage on floating bed and active colour therapy. € 58,00
- Tranquillity' massage: The name says it all! For an unforgettable, 90-minute massage. € 90,00
- Tuina: traditional Chinese massage to re-gain positive energies. € 56,00

Remise en Forme

- Aromasoul Mediterranean: ritual-massage with exclusive Mediterranean blend.
The massage is inspired by the sea waves. For an intense drainage action. € 64,00
- Aromasoul Oriental: ritual-massage with exclusive Oriental blend.
The massage is inspired by the ancient techniques of the traditional Chinese medicine. For an intense detoxifying action. € 64,00
- BIA: body impedance analysis to measure lean and fat masses.
Medical check-up and personalised diet. € 68,00
- Bio-Mud pack, detoxifying and mineralizing (in the Twin room for couples € 60.00). € 38,00
- Training course with a personal trainer in the 'Technogym' equipped gym. € 28,00
- Galvanic and draining massage, in ozonized thermal pool. € 28,00
- Smoothing massage with Dead Sea salts and ozonized bath. € 56,00
- Thermal sports massage. € 30,00
- Fitness centre: entry fee valid for entire stay (when not included in the package). € 24,00
- 'Soapy massage': a personalised, relaxing and skin purifying savonage with natural aromas followed by an ozonized thermal bath. € 60,00