

our massages and treatments are all based on organic vegetable oils obtained from Mediterranean herbs gathered in Sardinia

aroma therapy

A gentle relaxing massage enhanced with Mediterranean essential oils that stimulate the nervous system through the sense of smell and skin infiltration.

75 min. 100 Euros

antistress massage

Massage with hot and scented oils that stimulate circulation and balance in the nervous system favouring the psycho-somatic wellness.

50 min. 70 Euros

80 min. 90 Euros

swedish massage

The occidental massage aim is to make the person who receives it to reach a psycho-physical wellness,

60 min. 80 Euros

50 min. 70 Euros

Legs: 30 min. 50 Euros

eclectic massage

A combination of Eastern and Western techniques characterizes this massage that produces a feeling of harmony in the body-mind-spirit.

80 min. 90 Euros

deep massage

It is a technique that takes effect on connective tissue through deep and slow frictions that operate indirectly on the nervous system favouring vascularisation.

50 min. 70 Euros

80 min. 90 Euros

sports massage

Through specific hand movements and postures, it takes effect on the nervous and muscular system, rebalancing the tissues, enhancing lactic acid metabolism and sport performances.

30 min. 40 Euros

50 min. 70 Euros

80 min. 90 Euros

maternity massage

Delicate and relaxing massage specific for pregnancy.

50 min. 70 Euros

lymphatic drainage massage

90 min. 100 Euros

body scrub with sea salt

60 min. 60 Euros

body scrub with sea salt and face massage

90 min. 90 Euros

beauty treatments

luxury manicure

A careful manicure is followed by a soft peeling, a gentle massage with Mediterranean oils and application of gel nail polish.

50 min. 40 Euros

luxury pedicure

An exclusive treatment including a foot bath, a deep cleansing, a scrub and an application of moisturizing product. A gentle massage ends the treatment.

50 min. 45 Euros

waxing

Full leg, bikini and armpit or mustache and eyebrows

50 min. 45 Euros

men's waxing

Chest or back: 40 min. 40 Euros