

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. 115 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. 85 Euros  
80 min. 115 Euros

### swedish massage

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

60 min. 95 Euros  
50 min. 85 Euros  
Legs: 30 min. 55 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. 115 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. 85 Euros  
80 min. 115 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.

50 min. 85 Euros  
80 min. 115 Euros

### maternity massage

Delicate and relaxing massage specific for pregnancy.

50 min. 85 Euros

### lymphatic drainage massage

80 min. 115 Euros

### body scrub with sea salt

60 min. 75 Euros

### personalized massages

A multi-sensory experience in the open air and in total privacy, surrounded by a natural landscape where breathing becomes deeper and, as the heartbeat slows, relaxation is more intense. The scents of flowers, plants and the sea carry out natural aromatherapy that, by reaching the receptors of the sense of smell, ensure great well-being.

Supplement 20 Euros

In the room  
Supplement 30 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. 55 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. 60 Euros

#### waxing

Full leg, bikini and armpit or mustache and eyebrows

50 min. 55 Euros

#### men's waxing

Chest or back: 40 min. 55 Euros