



MASSAGES & *Explore our wellness center* TREATMENTS

Full body

Hand and foot massage

Facial

Treatments



Full body



Relaxing

Slow, fluid and enveloping movements. It reduces stress, relieves muscle tension, improves circulation and sleep quality, and leaves the skin more toned and elastic.

25 min - €60 | 50 min - €90

Deep tissue

Intense, deep and targeted movements. It relieves muscle tension, reduces pain, improves mobility, and helps eliminate toxins.

25 min - €60 | 50 min - €90

Ayurvedic

Fluid, rhythmic and enveloping movements. It calms body and mind by working on tissues, muscles and circulation. It improves sleep quality and restores vitality.

25 min - €60 | 50 min - €90

Swedish

Alternating, gentle and vibrating movements. This treatment reduces tension, calms the mind, stimulates circulation and promotes tissue oxygenation. The skin feels softer, smoother and more toned.

25 min - €60 | 50 min - €90

Draining

Strong, rhythmic movements. It promotes circulation, reduces swelling, water retention, and cellulite.

25 min - €60 | 50 min - €90

Lymphatic drainage

Delicate pressure with slow, circular movements. It works on the skin and lymphatic vessels, helping to reduce swelling, drain fluids, and combat cellulite.

25 min - €60 | 50 min - €90



The Forest Experience

A relaxing massage in the heart of the Casentinesi Forests, where wellness meets nature in an experience simply meant to be lived.

Let yourself be enveloped by the slow, soothing touch of the treatment, while around you the forest tells its story: the rustling of the leaves, the sound of the streaming water, and the authentic scent of nature..

The experience includes:

- Private transfers from and to the hotel
- 10 minutes walk through the forest
- 50 minutes massage in the middle of nature
- Return to the hotel

Total duration: approximately 2 hours

*Available only during certain periods of the year,
depending on temperatures and weather conditions.*

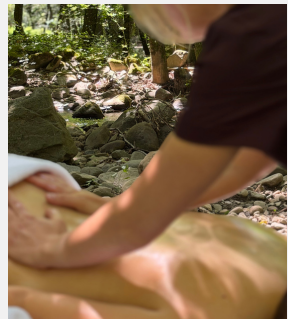
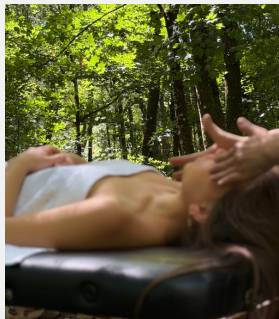
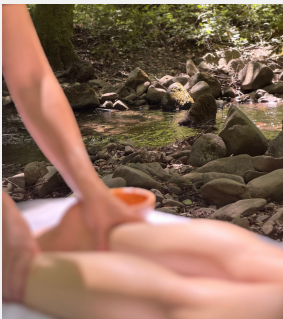
 **Your benefit as hotel guest!**

Single Experience - €150

Couple Experience - €289

Single Experience - €169

Couple Experience - €319



Full body *Specials*

Hot Stone

Performed with warm lava stones.
It releases deep muscle tension, improves circulation, detoxifies the tissues, and provides profound physical and mental relaxation.

50 min - €90



Salt Stones

Performed with warm Himalayan salt stones.
It eliminates toxins, releases muscle tension, exfoliates the skin, reduces stress and anxiety, and improves sleep quality.

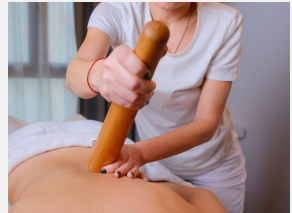
50 min - €90



Maori

Performed using beechwood tools.
It relaxes and tones the muscles, releases tension, stimulates circulation, and promotes a sense of balance.

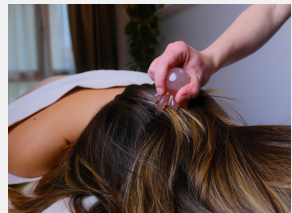
50 min - €90



Sensory

Stimulates the five senses with aromas and tools.
It promotes emotional balance, reduces stress, and calms the mind, improves the appearance of the skin, and supports blood and lymphatic circulation.

50 min - €90



Tuina

It works on the body's meridians.
It removes energy blockages, improves blood circulation, and treats musculoskeletal pain.
It relaxes the body, helping to combat insomnia, anxiety, and chronic stress.

50 min - €90



Hand & foot massage



Hand and foot massage

Targeted pressure, rubbing, and circular movements.
Reduces stress, relieves tension, joint stiffness, and pain,
and improves digestion and sleep quality.

25 min - €60

Foot reflexology

Energetically connects the feet to the organs.
Reduces nervous and muscular tension, relieves
pain, boosts mood, removes energy blockages,
and restores balance.

25 min - €60



Facial



Facial massage + face mask

Light strokes, pressure, and kneading.
Relaxes facial muscles, stimulates circulation
and lymphatic drainage, enhances skin
elasticity, and tones the skin.
Promotes the absorption of creams and serums.

30 min - €60

Anti-age

With Gua Sha
Smooths wrinkles and fine lines, reduces puffiness,
leaving the skin smoother, brighter, and firmer.

30 min - €60

With micro-cupping
Tones and firms the skin, releases facial tension,
reduces fine lines, and redefines facial contours.

30 min - €60

Crystal therapy

Using stones and crystals, it harnesses their
energetic vibrations. Helps reduce stress, improves tissue
health, diminishes fluid retention, tones and
de-puffs the face, and restores energy balance.

30 min - €60

Treatments



Coffee body scrub

Removes dead skin cells, smooths the skin, and improves its appearance. Stimulates circulation, fights fluid retention and cellulite, leaving the skin firmer, softer, and more radiant.

50 min - €80

Mud treatments

Detoxifying and reshaping action that helps reduce cellulite and fluid retention, while decongesting muscles and smoothing the skin.

50 min - €80





RESERVE

Your ritual of balance.



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