



Wellness Centre– Detox & Relax Area

The Ideal Path for your Wellness



We are glad to introduce you to a unique and multisensorial moment for total Relax and psychophysical wellness

❖ 1. Initial Rinsing Shower

Before the Hydropool bath you will find the shower for an initial rinse respecting the hygiene towards others

❖ 2. Finnish Sauna

Thanks to its 90° penetrates and warms the bones, relaxes the muscles immediately transmitting a sense of total relaxation. Start with 5-10 min and, in any case, never exceed 15 min. It is recommended to drink water for replenish lost mineral salts

3. Icefall

Immediately after the sauna it is recommended to gently massage the body with ice till the back of the neck for restore blood pressure and receive a beneficial effect on circulation

❖ 4. Hydropool

Powerful jets for a complete lumbar, plantar and cervical massage. To follow the beds with aeromassage complete the beneficial action of the water. The jets are timed for maximum benefit, you please do not exceed 15 min. The benefit of the hydromassage is obtained with a water temperature of 32° also to help circulation and capillaries

❖ 5. Relaxation break (15 min)

Relax at your choice on the beds, even waterbeds, possibly with your head and legs raised and, at need, replenish lost fluids with fresh water or sip a delicious herbal tea. For those who feel a Energy loss is available dried fruit

❖ 6. Steam bath with 100% pure eucalyptus essence

A cloud of steam at 45° envelops your body, promotes the release of toxins through sweating cleansing the skin and at the same time purifies bronchi and lungs

❖ 7. Emotional Showers and Scottish Shower

6 different jets for a complete aromatherapy with essences with mango and maracuja, optionally energizing or relaxing, to enjoy at any time of the way

In case you have booked a massage, we recommend to make the first SPA path then the massage. After that, take a few more minutes of rest in the relaxation area to optimize the benefits.

It is STRICTLY FORBIDDEN to enter the sauna or water immediately after the massage and without having a shower. The oil applied on the body during massage, in the sauna could reach high temperatures and burn the skin.

The Management, not carrying out any custody activity, declines all responsibility and does not answer, to any title, for theft and/or loss of objects and/or money introduced inside the Centre, left both unattended in all rooms of the center, both inside the lockers