

“Massage is one of the most evolved forms of energy, you disconnect from everything, but you recharge the battery”



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Spa Treatments Menu'

**BEST WESTERN PLUS HOTEL
ALLA POSTA**

RELAXING MASSAGE

A massage made with sweet almond oil designed for total relaxation, it will release tensions, stress and increases blood- and lymph circulation.

min 50' € 50

AROMATHERAPY MASSAGE

De-stress your body and mind while a unique blend of aromatherapy enhances your sensory journey, you can choose the essential oil you prefer.

min 50' € 50

SWEDISH MASSAGE

This classic massage uses a different range of movement including strokes that will help relax the muscles, ease tension and relieve fatigue.

min 50' € 55

HOT STONE THERAPY

An ancient massage performed with smooth basalt rocks, the heat of the stones combined with sweet almond oil helps to relax

min 50' € 70

BAMBOO MASSAGE

Massage performed with Bamboo Canes great after sport massage but also ideal for those who are looking for total relaxation.

min 50' € 60

SPORT MASSAGE

Deep tissue massage uses firm pressure to help the body to relax after an intense exercise, decrease stiffness and flush away toxins.

min 50' € 70

BACK/SHOULDER MASSAGE

This specific massage is perfect to release muscular tension, giving an immediate sense of lightness and well-being.

min 25' € 45

LYMPATHIC MASSAGE

Massage made of delicate movements to encourage the natural drainage of the lymph, alternate with more static moments.

min 50' € 60

ANTI-CELLULITE MASSAGE

Energetic and deep massage, part of the treatment is performed using a special anti-cellulite brush, that it will be left to you as home-care.

min 50' € 60

PARTIAL MASSAGE

25 minutes of massage for a specific body area (legs, arms, stomach...) choose from our wide range of treatments.





HOLISTIC FACE TREATMENT

The protagonist of this treatment are Baobab oil and Blackcurrant, both with great calming, soothing and nourishing properties.

min 50' € 55

PURIFYING FACE TREATMENT

Specific face treatment for mixed or impure skins made with Calendula and Laminaria Saccarica, with excellent anti inflammatory properties.

min 50' € 55

ANTI AGE FACE TREATMENT

Specific anti-age treatment ideal for dry and/or mature skin, performed with highly nourishing products, for example Argan Oil.

min 50' € 55

FEET SPA TREATMENT

This treatment includes foot bath, scrub, hot towel and a relaxing massage that will alleviate fatigue leaving yourself in complete relax.

min 50' € 50

CANDLE MASSAGE

A real rite of wellness that involves all senses, let yourself be pampered by a warm massage performed with special oil's candles.

min 50' € 70

CHOCOLATE PAMPERING

This treatment with anti-stress and anti depressive properties, will be performed with the use of chocolate oil for a full sensory immersion.

min 50' € 60

HONEY AND BIO HAY MASSAGE

A massage performed with honey/bio hay oil combined with relaxing movements, it will leave your skin nourished and perfumed.

min 50' € 60

CHAMPAGNE RITUAL

Let yourself be pampered with this treatment performed with champagne oil, ideal for relaxing, regenerating and regaining harmony.

min 50' € 60